



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Slow Cooker Vegetarian Gumbo

- 1 med. Onion, diced and peeled
- 1 cup Carrots, sliced
- ½ cup Celery, diced - including leaves
- 3 cloves Garlic, diced fine
- 1 large Bell Pepper, diced
- 2 cups Fresh Okra, sliced
- 2 cups Tomatoes, diced
- 1 cup Yellow Summer Squash, diced
- ½ cup Jerusalem Artichokes, sliced
- 3 cups Cooked Lentils
- ½ tsp. Real or Himalayan salt
- ½ tsp. Ground Black Pepper
- 1 Tbsp. Dried Sage (*½ Tbsp. if fresh*)
- 1 Tbsp. Dried Oregano (*½ Tbsp. if fresh*)
- Spring or Purified Water / Vegetable Broth



Image: [Vegan Heaven](#)

1. Slice and dice vegetables (onion, carrots, celery, bell pepper, okra, tomatoes, yellow summer squash, Jerusalem artichokes).
2. Immediately place in slow cooker. Add cooked lentils and stir well.
3. Add water, or vegetable broth to 2 inches below the top of the cooker.
4. Add spices. Stir well.
5. Cook on low heat for 4 to 5 hours, stirring occasionally. Add a little more liquid if needed.

If using canned vegetables, be sure they are high quality. Substitute fresh whenever able.