Ingredients

* 3 TBS olive oil
* 3 onions, chopped
* 9 stalks celery, chopped
* 3 green peppers, chopped
* 3 jalapeno peppers, chopped, seeds removed
* 8 cloves garlic, minced
* 2 large cans diced tomatoes (fire roasted if possible)
* 1 bag frozen corn, thawed in warm water
* 1 bag frozen chopped okra, thawed in warm water
* 3 cups vegetable broth
* 6 cups water
* 3 TSP thyme
* Salt and pepper to taste
* 2 TSP Tabasco sauce

Procedure

1. In a large pot on medium heat, add olive oil and sauté the onions, peppers, and celery until soft, about 15 minutes.
2. Add the jalapenos and garlic and cook another 5 minutes. Add tomatoes, corn, okra, vegetable broth, and water. Bring to a boil and reduce to low.
3. Season with salt, taste, season with hot sauce, taste. Continue to simmer.
4. In a mortar and pestle, smash thyme leaves with a pinch of salt.
5. Serve over brown rice or bulgur. Spring the thyme/salt over the top.