

Peace Gumbo

Submitted by the Interfaith Federation of Greater Baton Rouge staff in honor of the 25th Anniversary Celebration.

This recipe is a favorite at Holy Grill, a feeding site of the Interfaith Federation of Greater Baton Rouge in Zion City. When the Federation was created in 1986, the commitment was to bless the community. The Federation's first program was to feed the hungry. For 25 years, volunteers from faith communities have not only served lunches at Holy Grill, but also shared peace gumbo in our community.

Tips to Make Peace Gumbo

- It is important that the cook has a desire for peace because there is nothing fast or easy about Peace Gumbo.
- Although one cook can make this recipe, it is a blessing to include others in the work and joy of making peace.
- Diversity is key—always include a variety of spices!
- Keep trying if your first attempts at Peace Gumbo are less than desired. Our world needs you to persevere.

Recipe

1. Begin by creating a dry roux* with flour and prayer. Take your time – especially in prayer.
2. Sauté courage.
3. Add water and tolerance.
4. Sprinkle with love frequently.
5. Season with forgiveness and compassion.
6. Add a pinch of humor.
7. Simmer with patience and understanding.
8. Listen carefully and lower heat if the gumbo begins to boil. Continue to listen.
9. Smell the aroma of hope.
10. Invite friends and enemies to share the meal.
11. Ladle with kindness and hospitality – *Be always ready to serve others first.*

Servings: Limitless

Nutritional Information per Serving: Lowers stress and tension; Good for heart

*A roux is a mixture of flour and fat used to add flavor, color, and thicken gumbo as well as other Southern dishes.

Create and Share Peace Gumbo Recipes

Gather a group and create a recipe.

Children and youth are excellent at creating Peace Gumbo. (Providing some food for this age group might spark inspiration.)

Submit your recipes to the Interfaith Federation of Greater Baton Rouge
info@ifedgbr.com

Watch for *your* Peace Gumbo recipe to be shared with the community. Other related recipes are welcome.

