

Mushroom Gravy



PREP TIME

25 mins

TOTAL TIME

25 mins



COURSE

Gluten Free, Sauces



SERVINGS

4 servings

CALORIES

50 kcal

INGREDIENTS

- ½ c + 3 Tbsp vegetable broth
- ½ c white or yellow onion finely diced
- 2 cloves garlic minced
- 4 oz Baby Bella mushrooms finely diced
- 2 Tbsp corn starch dissolved in 2 Tbsp (15ml) cold water
- 1 c unsweetened, plain soy milk
- 2 tsp soy sauce or tamari
- ¼- ½ tsp sea salt or to taste
- Fresh black pepper to taste

INSTRUCTIONS

1. In a medium pot over medium heat, add in 2 Tbsp of vegetable broth.
2. Once warmed, add in the onions and garlic.
3. Sauté for 2-3 minutes, or until the onions are translucent and the garlic is fragrant.
4. Add a Tbsp of additional vegetable broth if needed to prevent burning.
5. Add in the mushrooms and cook for 4-5 minutes or until the mushrooms begin to soften.

6. Add the cornstarch mixture to the pan and mix it through the vegetables.
7. Allow it to cook for 1 minute, stirring often.
8. Add in the remaining vegetable broth, almond milk, and soy sauce, and whisk until everything is uniform.
9. Bring the mixture to a boil and then reduce the heat to low.
10. Continue to cook until the gravy thickens up and the vegetables are cooked through, about 7 minutes.
11. You will see the color of the mixture go from a pale brown to a deeper golden brown.
12. Remove the mixture from heat and season with salt and pepper to taste.

NUTRITION

Nutrition Facts

Mushroom Gravy

Amount Per Serving

Calories 50 Calories from Fat 10

% Daily Value*

Fat 1.1g **2%**

Carbohydrates 7.7g **3%**

Fiber 2g **8%**

Protein 2.8g **6%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!