

Vegan Country Sausage Gravy

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Last night this ole country boy had a hankerin' for some down home, Vegan Country Sausage Gravy! Y'all gotta try this. I mean this stuff is seriously good.

Course: Breakfast, Main Course

Cuisine: American

Servings: 4

Author: Chuck Underwood



★★★★★
4.55 from 11 votes

Ingredients

Sausage

- 1 1/2 cups Cauliflower chopped fine
- 4 oz Mushrooms chopped fine
- 1 cup Walnuts chopped fine
- 2 Tbsp Soy Sauce low sodium
- 1 tsp Molasses
- 1 tsp Maple Syrup
- 1/4 tsp Liquid Smoke
- 2 Tbs Nutritional Yeast
- 1 1/2 tsp Rubbed Sage
- 1/2 tsp Ground Pepper
- 1/2 tsp Garlic Powder
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Thyme

Gravy

- 1/4 cup Flour
- 1 Tbs Nutritional Yeast
- 1 tsp Rubbed Sage
- 1/2 tsp Salt
- 1/2 tsp Ground Pepper
- 1/8 tsp Ground Thyme
- 3-4 cups Almond Milk unsweetened

Instructions

Sausage

1. Preheat oven to 350 Degrees F
2. Chop Cauliflower, Mushrooms, and Walnuts finely, to uniform size
3. Mix together in bowl and add Soy Sauce, Molasses, Maple Syrup, and Liquid Smoke. Mix well.
4. Add remaining spices and mix very well
5. Turn out evenly onto parchment lined baking sheet and bake for 30 minutes
6. After 30 minutes, flip/mix with spatula and continue baking for an additional 15 minutes
7. Set aside

Gravy

1. Mix all dry ingredients in skillet and toast over med heat for a few minutes.
2. Increase heat to med-high and slowly stir in Almond Milk, whisking continuously to break up any clumps
3. Once it begins to bubble, lower heat and add Sausage crumbles
4. Stir until it has thickened to desired consistency.....add more milk to thin

Recipe Notes

Serve over my [Fluffy Vegan Buttermilk Biscuits](#), toast, or even potatoes for an old fashioned down home breakfast.