



Mushroom Gravy

This creamy and umami rich gravy is a great accompaniment for Mashed Potatoes.

<u>U.S.</u>		<u>Metric</u>
1 lb	Mushrooms, assorted, sliced	453.6 g
2 1/2 cups	Vegetable Stock	591.3 mL
1 each	Onion, diced	1 each
2 Tbsp	Olive Oil	30 mL
4 cloves	Garlic, minced	4 cloves
2 tsp	Thyme, fresh, minced	2.4 g
1 tsp	Sage, fresh, minced	1.2 g
to taste	Black Pepper, ground	to taste
1/2 tsp	Salt, Kosher	3 g
2 Tbsp	Nutritional Yeast	6 g
1/4 tsp	Red Pepper Flakes	0.6 g
2 Tbsp	Worcestershire Sauce, vegan	30 mL
2 Tbsp	Cornstarch	14 g

Preparation:

1. Gather all ingredients and equipment.
2. In a small bowl, mix 1/2 cup of broth with the cornstarch to form a slurry. Set aside.
3. In a large sauté pan, heat the oil over medium high heat. Once hot, add the onion and sauté until golden brown (3-5 minutes). Add the garlic and sauté for 1-2 minutes until fragrant.
4. Add the mushrooms and sauté with the onions and garlic until caramelized (5-10 minutes).
5. Add the thyme, sage, Worcestershire, red pepper flakes, nutritional yeast, black pepper and salt.
6. Add the broth and bring to a simmer. Once simmering, add the cornstarch slurry and bring the whole gravy to a simmer and simmer for 1-2 minutes until thickened, stirring constantly. Serve hot.

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size****1/4 cup****Servings****14****Calories**

38

Calories from Fat

20

Total Fat

2 g

Saturated Fat

0 g

Trans Fat

0 g

Monounsaturated Fat

1 g

Cholesterol

0 mg

Sodium

85 mg

Carbohydrates

4 g

Dietary Fiber

1 g

Sugars

1 g

Protein

2 g

Vitamin A

1 %

Calcium

1 %

Vitamin C

3 %

Iron

2 %

Phosphorus

32 mg">
