

Mushroom Gravy Recipe

Ingredients:

- 1 cup diced onion
- 3 1/2 cups chopped mushrooms
- 2 teaspoons minced garlic
- 1/4 cup brown rice flour
- 1 teaspoon Herbamare or salt
 - 1/2 teaspoon dried rosemary
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1/4 teaspoon black pepper
- 2 Tbsp no chicken broth powder (or sub other vegan chicken bouillon)
- 2 cups water
- 1/4 cup red wine
- 2 Tablespoons tamari

Directions:

1. Sauté onions, mushrooms, and garlic. Use water to start. Cook until all mushroom water is gone and the mixture is browned well.
2. Stir in brown rice flour, Herbamare, spices and stir to form a paste/toast for about 1 minute.
3. Stir while slowly adding vegetable broth and then wine and tamari. Start with a small amount of liquid and add slowly so the mixture stays hot throughout.
4. Stir constantly and simmer until slightly thickened.
5. Purée in Vitamix.