

# Mushroom Gravy

Serves: 8



Prep:

5 min

Cook:

20 min

Ready:

25 min

Serving Size:

1/4 cup

## Description:

Enjoy all the creamy goodness of traditional mushroom gravy, without the fat! Try it over your favorite holiday dishes, like Delicata Squash with Wild Rice Stuffing, Mashed Potatoes, or Holiday Stuffing. If criminis are not available, you can use white button mushrooms, or a mixture of your favorite wild mushrooms. For more information about the different thickening properties of sweet rice flour, cornstarch, arrowroot, and more, check out our Healthy Tips on Thickening Sauces, Gravies, Dressings, and Desserts.

## Ingredients:

4 CUPS (ABOUT 1/2 LB) crimini mushrooms <i>thinly sliced</i> or any combination of mushrooms	1 TABLESPOON fresh thyme <i>chopped</i>
1/3 CUP shallots <i>finely chopped</i>	1/4 TEASPOON freshly ground pepper
2 TABLESPOONS Bragg Liquid Aminos or reduced tamari	1 1/2 TABLESPOONS sweet rice flour, arrowroot, or cornstarch
2 TABLESPOONS water	2 1/2 TABLESPOONS water
2 CUPS unsweetened soy milk or other Ornish-friendly plant-based milk	

## Directions:

- 1 In a heavy-bottomed saucepan over medium-low heat, sauté the mushrooms, shallots, liquid aminos or tamari, and 2 tablespoons water, stirring frequently, until mushrooms have released their liquid and the liquid has evaporated, 7-10 minutes.
- 2 Add soy milk, thyme, and pepper. Increase heat to medium, bring to simmer, and cook for 10 minutes.
- 3 In a small bowl, whisk sweet rice flour, arrowroot, or cornstarch with 2 1/2 tablespoons water until smooth. Whisk this mixture into mushrooms. Cook, stirring constantly, until mixture thickens and loses any raw starch taste, 2-3 minutes. If mixture becomes too thick, thin with a little more soy milk.
- 4 Taste for seasoning, adding more liquid aminos or tamari and/or pepper to taste. Serve warm.

## Nutrition Facts

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### Amount Per Serving

<b>Calories</b> 35	Calories from Fat 9
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 3g	<b>6%</b>

**Good Source of:** Vitamin B2

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: