

Vegan Mushroom Gravy

Source: Kimberly Snyder, Better Vegan

Category: Vegan Sauces and Condiments

Prep Time: 10 min Cook time: 45 min Total Time: 55 min

Serves 4-6



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Ingredients:

2 Tbsp. coconut oil
1 cup diced yellow onion
2 medium cloves garlic, peeled and minced
1 pound baby bella (cremini) mushrooms, thinly sliced
2 cups vegetable broth or filtered water
3 Tbsp. organic gluten-free tamari
3/4 tsp. minced fresh thyme
2 Tbsp. arrowroot starch or tapioca starch
1/4 cup + unsweetened coconut milk
Pink Himalayan salt to taste
Black pepper to taste

Recipe Link:

<https://www.betterveganrecipes.com/vegan-mushroom-gravy>

Instructions:

1. Prepare the ingredients.
2. Heat the coconut oil in a medium saucepan over medium-high heat. Add the onions and garlic and sauté, stirring frequently, for about 4 minutes, or until the onions are lightly brown. Stir in the mushrooms and sauté for 5 minutes more, or until the mushrooms are tender.
3. Next, add the vegetable broth, tamari and thyme to the mushroom-onion mixture. Bring the mixture to a boil over medium heat.
4. Lower the heat to medium-low and simmer, covered, stirring occasionally, until it thickens, about 25 minutes.
5. Stir in the arrowroot starch and cook the sauce, stirring frequently, for another 5 minutes. Transfer the sauce to a blender and puree until smooth.
6. Return to pot over medium-low heat, add coconut milk and season with salt and pepper. If the gravy is too thick, add some more coconut milk or vegetable broth, until the desired consistency is achieved. Serve immediately.

Notes:

Store in an airtight container in the refrigerator for up to 3 days. Reheat before serving.

Equipment needed:

Blender

Serving suggestion:

Serve this cauliflower mash, roasted squash or roasted vegetables.