

MUSHROOM GRAVY



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

- 1 onion
- 4 cloves garlic
- 1½ cup mushrooms
- 2 tbsp white miso paste
- 4 tbsp + 4 tsp wheat flour
- 4 tbsp + 4 tsp soy sauce/tamari (look for low sodium)
- 5 cups vegetable stock/broth (look for low sodium)

OPTIONAL

Black pepper to taste

Nutrition

Mushrooms are packed with fiber, vitamins and minerals. While nutritional benefits vary depending on the type of mushroom, you can expect *antioxidants*, *B vitamins*, *copper* and *potassium*. In addition, research suggests that the form of carbohydrate found in mushrooms may *support the growth of healthy bacteria in our gut*, which may translate to positive health outcomes.

Preparation time	Cook time	Total time	Servings
10 min	10 min	20 min	4

Description

This is a heart-healthy spin on your traditional gravy. It doesn't require the drippings from your meat, and it leaves the butter for the baked goods.

Directions

- Prepare Ingredients:** Peel and dice the onion and garlic. Wash and slice the mushrooms.
- Combine and Cook:** Sauté onion, mushrooms and garlic over medium-high heat until soft. Add a splash of the broth and stir. Add the miso, flour, tamari and remaining broth. Stir until dissolved. Continue cooking until the gravy thickens to your liking.
- Season:** Season with pepper to taste.

Original Source: [Engine 2](#)