

Gluten-Free Mushroom Gravy

Ingredients

- 1 Med Onion - Finely Chopped (I used red)
- 3 cups Plant Milk - I use unsweetened Almond Milk
- Splash of White Wine (or water or vegetable stock)
- 3 Garlic - Crushed
- 1 lb. Mushrooms - Sliced (I used Button)
- 1 Tbsp. Tamari (Soy Sauce if not GF)
- 2 Tbsp. Corn Starch
- 1/4 tsp Black Pepper (to taste - I usually use a heaping 1/4 tsp)

Directions

1. Cook onion on medium heat in a heavy pan in a small amount of water, wine or broth, adding more liquid as necessary. Allow the onion to brown slightly, then scrape the pan, add a little more liquid and let them continue to brown, watching carefully so onions don't burn.
2. Add garlic, sliced mushrooms and continue cooking until the mushrooms are soft. Add vegetable broth, wine or water as necessary to keep them from burning.
3. Add 2 cups of Plant Milk , stir and continue cooking.
4. Mix Tamari and Corn Starch in the remaining cup of plant milk, stir to remove lumps, then add to the mushrooms and stir again.
5. Continue cooking until the gravy thickens. Add pepper to taste. Put on low and keep warm until serving.
6. I like to blend about 3/4 to make it creamy
7. For thicker gravy add more flour mixed with a little broth or water.

Notes

- To ensure this is Gluten-Free please confirm your corn flour and Tamari is Glute-Free

