

RECIPE

# Vegetable Gravy



This completely vegan gravy has all the creamy, savory depth and flavor of traditional meat-based gravy, with no added fat.

## Vegetable gravy

- 1 yellow onion, chopped
- 1 Whole carrot, chopped
- 1 stalk celery, chopped
- 1 tsp dried thyme
- 1 bay leaf
- 1/2 tsp black pepper
- 1 Tbsp nutritional yeast
- 2 dried shittake mushrooms
- 2 cups water or vegetable stock

In a small saucepan over medium heat, cook the onion in a small amount of oil and salt. When the onions turn translucent, add the carrot and celery, and continue cooking over medium heat until all of the vegetables are soft. Stir in the thyme, bay leaf, nutritional yeast, and black pepper. Add the mushrooms and the water or stock, and bring to a simmer. Simmer together for 30 minutes, then remove the bay leaf and blend until smooth.

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