



Mushroom Gravy

Mmmmm...savory gravy, perfect with mashed potatoes and so much more.

2 Tbs. canola oil
1 medium onion, diced
2 garlic cloves, minced or diced
1½ cups shitake mushrooms, sliced
¼ cup tamari
4 cups vegetable broth
¼ cup rice flour
½ tsp. thyme
2 tsp. sage
Salt and pepper to taste

1. Heat the canola oil in a heavy saucepan over medium heat. Add onions and garlic and cook, stirring frequently, until the onions are translucent. Add mushrooms. Cook for another five minutes.
2. Stir in tamari and vegetable broth; bring to a boil. Reduce heat and simmer for about 10 minutes. Whisk rice flour and spices into gravy mixture until well blended. Serve immediately.