



Vegan Gravy

Thanks to Rebecca Valencia for this recipe! Serve vegan gravy over mashed potatoes or your favorite holiday side dishes.

½ cup of your favorite vegan sausage product
2 – 4 Tbs. vegan margarine
4 – 6 Tbs. spelt (spelt is healthier than flour, but you can use any type of flour if you don't have spelt handy)
½ - 1 cup unsweetened soy milk
Salt and pepper to taste

1. Prepare approximately ½ cup of your favorite vegan sausage product; set aside.
2. Now make the white sauce. Melt the butter in a skillet over low to medium heat. Sprinkle flour over butter, 1 tablespoon at a time, making sure the flour is completely stirred into the butter. Add flour until the butter/flour mixture is thick and creamy. Turn the heat up slightly to allow the mixture to bubble. Once the entire batter is bubbling, remove the skillet from the heat (it's very easy to burn the flour batter).
3. Reduce heat to low and return skillet to burner. Slowly stir in the soy milk until you achieve the right consistency. Add the cooked TVP. Yum!