Vegan Mushroom Gravy

Make this Vegan Mushroom Gravy to enjoy over your beans, tofu, mashed potatoes, or veggies to protect your cells from oxidative stress.

This gravy features cremini mushrooms along with 7 immunomodulating medicinal mushrooms and whole food antioxidants from **CanPrev's Myco10.** Pour generously for delicious flavour and nourishing benefits, like fighting inflammation on a cellular level.

Preparation time: 20 mins | Servings: 6

Ingredients

- 3 to 4 cups vegetable broth
- 12 cremini mushrooms, thinly sliced
- 1 medium sized yellow onion, chopped
- ½ cup extra virgin olive oil
- ⅓ cup all purpose flour
- 3 garlic cloves, minced
- 2 teaspoons soy sauce
- ¼ teaspoon dried rosemary
- Salt and pepper, to taste
- Pinch of dried thyme, to taste
- Crushed red pepper flakes, to taste
- 3 scoops Myco10

Method

1. In a medium-sized saucepan, heat olive oil over medium heat. Once it has warmed, add in the mushrooms and onions and cook for about 8 minutes.
2. Add in the garlic and cook for 1-2 minutes.
3. Stir in black pepper, rosemary, thyme, and crushed red pepper flakes to season.
4. Gradually whisk in flour in the flour, stirring continuously until fully incorporated.
5. Pour in 3 cups of vegetable stock, stirring to combine. For a thinner consistency, add the remaining cup of broth.
6. Add in soy sauce and taste the gravy before adding salt. Simmer for another 5 minutes.
7. Turn off the heat and add in Myco10, mixing well to combine. Enjoy warm over potatoes, vegetables or protein of choice.

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Lena is a nutritionist, writer, and recipe developer. She is the author of The Vegan Armenian Kitchen Cookbook, which focuses on healthy, authentic vegan dishes.