

Easy Mushroom Gravy

About the Recipe

35 Calories · 1 g Protein · 1 g Fiber

Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 1 tablespoon olive oil (see note for oil-free option)
- 1 onion, chopped
- 8 ounces sliced cremini or baby bella mushrooms, roughly chopped
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 2 cups low-sodium vegetable broth
- 1 tablespoon tamari
- 1 tablespoon cornstarch

Directions

1. Heat the oil in a large skillet over medium-high heat. Add the onion and mushrooms and saute for 5 minutes until the mushrooms have reduced in size and the onions are soft. Add garlic, thyme, salt, and pepper and saute 1 additional minute until fragrant.
2. Reduce the heat to medium and slowly pour in the vegetable broth and tamari and bring to a simmer.
3. Use a ladle or measuring cup to transfer half of the gravy to a blender, about 1 1/2 cups. Add the cornstarch to the blender and blend until smooth and creamy. Transfer back to the skillet, stir to combine, and bring to a simmer over medium heat. Simmer until thickened, about 3 minutes. **OIL-FREE OPTION:** Omit

the oil and saute vegetables in 1/4 cup water or low-sodium vegetable broth in its place; add more liquid as needed.

Nutrition Facts

Per serving:

Calories: 35

Fat: 2 g

Saturated Fat: 1 g

% Calories From Fat: 47%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 4 g

Sugar: 1 g

Fiber: 1 g

Sodium: 234 mg

Calcium: 9 mg

Iron: 1 mg

Vitamin C: 2 mg

Beta-Carotene: 81 mcg

Vitamin E: 0 mg