

# 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.&nbsp;

## **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