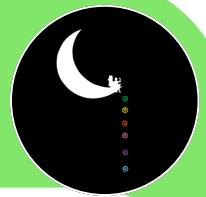


Gravy Variations



Recipes by: moongardens.org

Gravy can be very easy to make and when we make it we can assure that it's prepared with real ingredients. But of course, remember portion control is always key.

Stock Based

Ingredients

¼ cup butter
¼ cup all-purpose flour

1 ½ to 2 cups beef or chicken stock

Directions

1. In a small sauce pan on medium heat, melt butter then add flour and whisk together, until golden brown.
2. Slowly add broth 2 ounces at a time, stirring thoroughly after each addition until a consistency you are pleased with is reached.

Vegetarian

Ingredients

¼ cup butter
¼ cup all-purpose flour
1 ½ cups vegetable broth

¼ teaspoon fresh ground black pepper
2 tablespoons soy sauce

Directions

1. In a small saucepan on medium heat, melt butter then add flour and whisk together.
2. Then add pepper.
3. Add broth 2 ounces at a time until desired thickness is reached
4. Mix in soy sauce and heat through.

Vegan

Ingredients

½ cup grapeseed oil
3 slices yellow onions, finely chopped
4 tablespoons soy sauce
4 teaspoons nutritional yeast
½ teaspoon salt

6 cloves garlic, minced
½ cup all-purpose white flour
2 cups water
¼ teaspoon ground black pepper

Directions

1. Pour the oil in a saucepan and heat on medium.
2. Add garlic and onions and sauté 5 minutes.
3. Add the flour, soy sauce and nutritional yeast and stir constantly until it makes a thick sauce.
4. Gradually stir in the water until a consistency is reached that you are satisfied with.
5. Salt and pepper to taste.

For any comments or suggested ingredients for upcoming recipes, please email us at info@moongardens.org