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Portobello Mushroom Gravy

By Lucia Tiffany, MPH, RN, CLC

Ingredients

- 1/4 cup Smart Balance margarine
- 2 1/2 cup cubed Portobello mushrooms
- 1 cup diced onion
- 1 1/2 tsp salt, divided
- 1/2 cup whole wheat pastry flour, or spelt, or unbleached white (with germ is preferable)
- 2 cups unsweetened soymilk, original flavor
- 2 cups water
- 1 Tbsp vegetarian chicken-style seasoning

Instructions

1. Sauté margarine, mushroom, onion and 1/2 tsp salt until brown.
2. Stir in flour and brown the flour.
3. Whisk chicken-style seasoning into a small amount of the water.
4. Add liquids to browned mushroom mixture slowly stirring constantly until smooth.
5. Stir in remaining salt and cook at a low boil until gravy has thickened and reduced slightly.