

## Vegan Mushroom Gravy

Simmer for 5 minutes:

1/2 cup olive oil

2 red onions diced

5 minced cloves garlic

4 cups sliced mushrooms (option: soak 1 cup shiitake mushrooms in hot water for 20 minutes. Wash underside once cool. Then chop into little pieces before adding to above)

After 5 minutes, Stir in and cook on medium heat for 2 minutes:

1/2 cup. whole wheat flour

Add:

4 cups water

1/4 cup soy sauce or tamari

1/2 tsp. salt

1 tsp. summer savory

1 tsp. thyme

1/4 tsp. black pepper

Bring to a simmer and whisk every minute or so until thickened—about 5-10 minutes.

Serves 4.