



Makes about 3 cups
Preparation Time: 20 minutes

INGREDIENTS:

1 large sweet onion, chopped
3 cloves garlic, minced
16 oz. mushrooms, sliced
2 cups low-sodium vegetable broth
2 teaspoons white miso paste
2 tablespoons oat flour or whole wheat flour, optional
2 tablespoons reduced-sodium tamari
Freshly ground black pepper, to taste

Mommy's Mushroom Gravy 3.0

“We love this recipe so much,” write Ann and Jane Esselstyn in their cookbook *Be a Plant-Based Woman Warrior*. “And since it has changed in small, nuanced ways over the years, we continue to refine it in our cookbooks. This recipe uses more onion, more mushrooms, and no alcohol. The flour is also optional as Jane notes she often accidentally forgets to add it and it still turns out delish (though Ann proclaims the flour is a must!).”

From *Be a Plant-Based Woman Warrior*

By Ann Crile Esselstyn, M.Ed., and Jane Esselstyn, R.N.

- 1 In a medium pan over medium-high heat, cook the onion. Allow the onion to brown a little while stirring, adding a splash of water to the pan if it starts to burn. Add the garlic and mushrooms and continue cooking until the mushrooms soften, again adding a little water as needed to keep the mixture from burning.
- 2 Add 1 cup of the broth to the pan and stir. In a small bowl, combine the remaining 1 cup of broth with the miso, tamari, and flour (if using), and stir until the miso has dissolved. Add the miso mixture to the pan. Continue cooking until the gravy thickens to your liking. Season with pepper to taste. Serve warm.