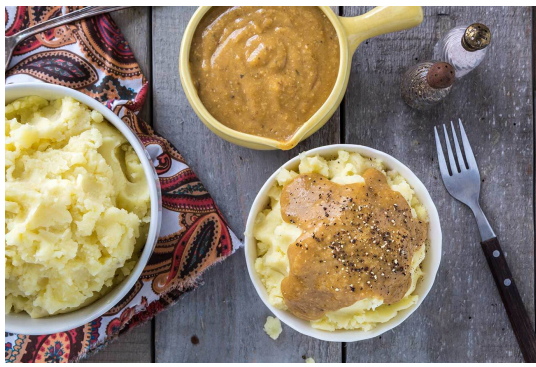




Makes 5 cups gravy
Cook Time: 30 minutes

INGREDIENTS:

2 cups cooked brown rice (see note)

8 ounces button mushrooms, sliced (about 4 cups)

4 cups low-sodium [vegetable broth](#)

½ teaspoon dried sage

½ teaspoon dried marjoram

½ teaspoon dried thyme

1 clove garlic, minced

2 tablespoons fresh lime juice (from 1 to 2 limes)

⅓ teaspoon freshly ground black pepper

Sea salt

Ultimate Vegan Gravy

It's not hard to see why rich brown gravy represents comfort food for people of many different backgrounds. This vegan gravy recipe gets its creamy, savory goodness from fresh mushrooms, dried spices, and—surprise!—cooked brown rice. It's a Forks Over Knives fan favorite!

From *The Forks Over Knives Plan*

<https://www.youtube.com/watch?v=M-XR0XvMAsw>

By Darshana Thacker Wendel

- 1 In a saucepan, combine the rice, mushrooms, and vegetable broth. Bring to a boil over medium-high heat, then reduce the heat to medium and simmer until the mushrooms are tender, about 10 minutes.
- 2 Remove from the heat and let cool slightly.
- 3 Carefully transfer the mixture to a blender or food processor and blend until smooth. (Alternatively, leave the mixture in the pan and use an immersion blender to blend until smooth.)
- 4 If necessary, return the mixture to the pan. Add the sage, marjoram, thyme, garlic, lime juice, pepper, and salt to taste.
- 5 Cook over medium heat for 10 minutes to blend the flavors. Cover to keep the gravy warm, and serve with mashed potatoes, biscuits, or whatever dish calls for great gravy.