



## Gail's Recipe of the Month Mushroom Gravy (Vegan)

*It's always challenging during the holiday season to eat as a vegan. This recipe was acquired after a glorious Thanksgiving vegan feast with a friend a number of years ago. I like it better than any meat gravy I've had. I think you'll agree.*

3 cups vegetable stock  
2 tbsp. flour  
1 tbsp. olive oil  
1 small onion minced  
3 cloves garlic minced  
2 cups crimini mushrooms diced very small  
1 tsp. thyme  
1 tsp. salt  
1 tsp. pepper  
1/2 cup dry white wine  
3 tbsp. soy sauce ( I used Bragg's Liquid Aminos - very low salt)  
1/4 cup brewer's yeast (this is the key ingredient)  
1/4 cup soy or almond milk

Whisk together veg stock and flour until dissolved - set aside.

Heat oil, onions, garlic and sauté until onions are translucent but not burnt.

Add mushrooms, all spices & wine - stir and simmer for 5 minutes.

Add soy sauce & veg broth/flour then bring to a boil and then lower heat.

Simmer for 15 minutes.

Whisk in brewer's yeast until it dissolves, then whisk in soy or almond milk at the end.

*It's great for mashed potatoes and stuffing, and you can double the recipe for leftovers. It's so yummy, it will get devoured fast!*



*Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat.*