

Beans, Rice And Everything Nice

Awesome Mushroom Sauce



original recipe by beansriceeverythingnice.weebly.com



Ingredients

4 to 6 servings

3 Tablespoons gluten-free gar-fava
or chickpea flour

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/2 teaspoon dry mustard

2 Tablespoons gluten-free
nutritional yeast

2 Tablespoons tomato paste

1-2 Tablespoons gluten-free tamari

2 teaspoons poultry seasoning blend

2 cups vegetable stock

454 grams/1 pound mushrooms,
sliced

1. Heat a medium sauce pan over medium heat. Add the gar-fava or chickpea flour and toast for 1-2 minutes, stirring continuously. When the flour starts to smell toasted, add the onion powder, garlic powder, dry mustard powder, nutritional yeast and stir while toasting for another minute.
2. Add 1/2 cup of the vegetable stock and combine with a whisk until smooth and not lumpy. Add the tomato paste and tamari and whisk again to combine. Stir in the poultry seasoning.
3. Add the mushrooms and remaining vegetable stock. Stir to combine. Bring to a boil. Reduce heat, cover and simmer for 5 minutes. Serve.