Beans, Rice (And Everything Mice

Golden Miso Gravy



Ingredients

makes 4 servings

2 Tablespoons brown rice flour

1 Tablespoon nutritional yeast (optional)

1/8-1/4 teaspoon ground turmeric (or freshly grated)

1/2 teaspoon garlic powder

3 Tablespoons Shiro miso (white miso)

1 1/2 Tablespoons apple cider vinegar

1 Tablespoon tahini (optional)

1-2 Tablespoon sweetener (optional)

1 cup vegetable stock

1/2 cup water

1. Put all the ingredients in a blender and puree until smooth. Once blended, add to a small saucepan. Stirring frequently, bring to a boil over medium heat, and simmer for 5 minutes—until thickened.

Note: This is a mild version of the sauce. For more zip, blend in some ground black pepper, freshly grated ginger, or a fresh jalepeno before heating.