

COMPLIANT MUSHROOM GRAVY

This recipe was also adapted from *Staying Alive: Cookbook for Cancer Free Living.* Frankly, there were a few challenges of making this recipe sodium and gluten free. I am including the sodium ingredients as optional.

**Ingredients**

* 1/2 cup of filtered water for ‘frying’
* 1 Tbs. tamari or BRAGG liquid soy seasoning (non-compliant – optional)
* 1 cup finely chopped onion
* 2 cups finely sliced brown mushrooms (cremini, shitake, etc.)
* 2 Tbs. gluten-free flour (millet, spelt, tapioca, etc.)
* ½ tsp. garlic powder
* ¼ tsp. poultry seasoning or sage
* ¼ tsp. sea salt (non-compliant) or 1 tsp. no-salt seasoning
* ¼ tsp. fresh ground black pepper

**Method**

1. Heat 1/2 cup of water and tamari (if using) in a large pot.
2. Add onions and mushrooms. Cover and cook for 10 minutes on medium – medium high. Stir frequently.
3. Mix the flour and seasoning with 2 cups of hot filtered water. Use a whisk.
4. Add the flour mixture to the onion mixture.
5. With the whisk, stir constantly over medium heat until thick.
6. For a smoother gravy, blend with an immersion blender.

Makes about 2 cups.