Gravy

DEVELOPED BY: Benjamin McCallum, CEC at University of St. Thomas

| Servings: 4 Serving Size: 7oz | | |
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| Ingredients | Quantity | Measure |
| Liquid Butter Alternative | 1/4 | Cups |
| Yellow Onion, diced | 1/2 | Cup |
| Flour, All purpose | 1/4 | Cup |
| Vegetable Broth, low sodium | 3 | Cups |
| Soy Sauce | 2 | Tablespoon |
| Vegan Poultry Seasoning | 1 | Teaspoon |
| Salt | 1/4 | Teaspoon |
| Pepper | 1/4 | teaspoon |
| Tofurky Hickory Deli Slices | 2 | ounces |

Preparation

- 1. Preheat sauce pan over medium heat.
- 2. Add liquid butter and allow to come up to temperature.
- 3. Dice the Tofurky Slices into small pieces.
- 4. Add the onion and diced Tofurky to the vegan butter and sauté for 2 to 3 minutes or until the onions turn translucent.
- 5. Add flour to the pan and continue to sauté for 1 to 2 minutes to toast the flour and create a rue.
- 6. Add the vegetable broth and whisk to fully incorporate the flour.
- 7. Reduce the heat to low, add the soy sauce, poultry seasoning, salt and pepper.
- 8. Allow the sauce to simmer for 5 to 7 minutes or until thickened to coat the back of the spoon.
- 9. Hold warm for service

