

## TVP mushroom gravy

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1 cup textured vegetable protein (TVP)

2 tablespoons non-dairy butter, such as Earth Balance

2 tablespoons flour (if making gluten free, use sorghum or oat flour)

Salt to taste

1 tablespoon olive oil

1/2 white onion, chopped

8 ounces mushrooms, sliced

2 tablespoons Marsala wine

2 teaspoons vegan Worcestershire

1 teaspoon ground fennel

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

2 cups water

1 Edward and Sons Not-Beef Bouillon Cube

In a medium bowl, combine TVP with enough water to fully cover. Set aside.

Make the roux: In a sauce pan or deep skillet, melt the butter over low-medium heat. Add the flour. Stir constantly until the mixture is a light golden color. It should be consistency of paste. Remove the roux from pan and set aside to cool in a small bowl.

Using the pan from the roux, add the oil and onion; sauté until beginning to soften, 3 to 5 minutes. Add the mushrooms and Marsala and sauté for an additional 3 minutes. Add the TVP, Worcestershire, fennel, garlic powder, and onion powder, and continue to cook while stirring occasionally. Add the water, bouillon, and roux. Cook over low heat until thickened.

Serve over warm biscuits or mashed potatoes.