

Vegetarian Gravy

A delicious vegetarian gravy made with onions, garlic, vegetable broth, and nutritional yeast.

Submitted by **Tali** |

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 10

Yield: 2 1/2 cups

Ingredients



Original recipe (1X) yields 10 servings

½ cup vegetable oil

⅓ cup chopped onion

5 cloves garlic, minced

½ cup all-purpose flour

4 teaspoons nutritional yeast

4 tablespoons light soy sauce or to taste

2 cups vegetable broth

½ teaspoon dried sage

½ teaspoon salt or to taste

¼ teaspoon ground black pepper

Directions

Step 1

Heat oil in a medium saucepan over medium heat; stir in onion and garlic. Cook and stir until onion has softened and turned translucent, about 5 minutes.

Step 2

Stir in flour, nutritional yeast, and soy sauce to form a smooth paste. Gradually whisk in broth. Season with sage, salt, and pepper. Bring to a boil. Reduce heat, and simmer, stirring constantly, for 8 to 10 minutes, or until thickened.

Nutrition Facts

Per serving: 134 calories; total fat 11g; saturated fat 1g; sodium 382mg; total carbohydrate 7g; dietary fiber 1g; total sugars 3g; protein 2g; vitamin c 1mg; calcium 7mg; iron 1mg; potassium 59mg