

Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

Rich Mushroom Gravy – Low Fat & Gluten Free

Ingredients:

2 Tablespoons Organic Butter or Ghee
1 Small finely chopped onion
1 ½ cups finely chopped mushrooms
3-4 Teaspoons arrowroot flour
2 cups vegetable broth
Salt & Pepper to taste.

Directions:

Melt butter or ghee in a saucepan over medium heat.

Add onion and fry until dark golden brown.

Add mushrooms and cook for additional 2 minutes.

Stir in 3 teaspoons of arrowroot, cook gently for 1 minute and then gradually add vegetable broth. Bring to a boil, stirring constantly, until thickened and blended.

Reduce heat and season to taste.

Tip: if the sauce is not thick enough add one additional teaspoon at a time of arrowroot using the following method: Take 1 teaspoon of arrowroot flour add a teaspoon of water stir until dissolved then add to your gravy and stir. Allow to come to boil again while stirring. Gravy should thicken to desired consistency.

Serve over Cauliflower Rice or Cauliflower Mash!

Serves 8, Serving size ¼ cup: 40 Calories, 3g Carbs, 3g Fat, 1g Protein