



Happy, Healthy New Year !!!!
Culinary Class with Chef Lisa Fidler
January 23, 2014

Gluten Free Mushroom Gravy

Ingredients:

8 ounces Fresh Mushrooms
2 tablespoons Onions, chopped
1 -2 Garlic clove, minced
½ Teaspoon Fresh Thyme
2 tablespoons Coconut Oil
3 cups Vegetable broth
Salt & Pepper

Instructions:

Cut the mushrooms into quarters.

Melt Oil in large frying pan. Add in onions, garlic, and mushrooms and herbs. Cook until onions are soft.

Add in the broth and heat.

Remove about ¼ of the mushroom and ¾ cup of the broth and add to a blender: carefully puree.

Add the puree to the broth & mushroom and reheat, stir until thickened to your desired viscosity. Salt & Pepper to taste.