

# best vegan mushroom gravy recipe

**best vegan mushroom gravy recipe** is an essential addition to any plant-based kitchen, offering a rich and savory complement to a variety of dishes. This comprehensive guide explores how to craft a deeply flavorful and perfectly textured vegan mushroom gravy that rivals traditional versions. Utilizing wholesome ingredients such as fresh mushrooms, vegetable broth, and natural thickeners, this recipe ensures a satisfying taste experience without any animal products. Whether served over mashed potatoes, roasted vegetables, or vegan meat substitutes, this mushroom gravy elevates meals with its earthy depth and smooth consistency. The article covers ingredient selection, preparation techniques, variations, and tips for achieving the ideal balance of umami and seasoning. Understanding these elements will empower cooks to create a versatile sauce that enhances plant-based dining. The following sections detail the step-by-step process, ingredient insights, and common troubleshooting advice for the best vegan mushroom gravy recipe.

- Ingredients for the Best Vegan Mushroom Gravy
- Step-by-Step Preparation Guide
- Tips for Enhancing Flavor and Texture
- Variations and Serving Suggestions
- Common Issues and Troubleshooting

## Ingredients for the Best Vegan Mushroom Gravy

Choosing the right ingredients is critical to achieving a rich and satisfying vegan mushroom gravy. The foundation typically includes fresh mushrooms, which provide the umami and earthy flavor essential to the sauce.

Complementary ingredients such as onion, garlic, and herbs enhance the depth of taste, while vegetable broth and plant-based fats contribute to the gravy's body and mouthfeel. Natural thickeners like all-purpose flour, cornstarch, or arrowroot powder are used to achieve the perfect consistency. Additionally, seasoning with soy sauce or tamari adds a savory complexity, and nutritional yeast can introduce a subtle cheesy note without dairy.

## Essential Ingredients

The core components for the best vegan mushroom gravy recipe include:

- **Fresh mushrooms:** Cremini, button, or shiitake mushrooms are ideal for

their robust flavor.

- **Vegetable broth:** Provides the liquid base and enhances the savory profile.
- **Onion and garlic:** Aromatics that build foundational flavor.
- **Plant-based fat:** Olive oil, vegan butter, or coconut oil to sauté and add richness.
- **All-purpose flour or alternative thickener:** To create the desired gravy texture.
- **Soy sauce or tamari:** Adds depth and umami richness.
- **Herbs and spices:** Fresh thyme, sage, black pepper, and a pinch of salt to season.

## Ingredient Quality and Preparation

For optimal flavor, select mushrooms that are firm and free of blemishes. Finely chopping the mushrooms and aromatics allows for even cooking and better integration into the gravy. Using homemade or low-sodium vegetable broth ensures control over the salt content and overall taste. When opting for alternative thickeners, consider their thickening power and potential impact on texture.

## Step-by-Step Preparation Guide

Preparing the best vegan mushroom gravy recipe involves a systematic approach to layering flavors and achieving the right consistency. The process begins with sautéing the mushrooms and aromatics to develop a deep, caramelized flavor base. Next, the roux or thickening agent is incorporated carefully to avoid lumps. Gradually adding the broth allows the gravy to thicken while maintaining a smooth texture. Finally, seasoning and simmering refine the flavor profile.

## Sautéing Mushrooms and Aromatics

Begin by heating the plant-based fat in a skillet over medium heat. Add finely chopped onions and garlic, cooking until translucent and fragrant. Introduce the mushrooms and sauté until they release their moisture and begin to brown, intensifying their natural umami. This step is crucial for developing the depth characteristic of the best vegan mushroom gravy recipe.

## **Making the Roux and Combining Ingredients**

Sprinkle the flour evenly over the sautéed mushrooms and stir continuously to form a roux. Cooking the roux for a few minutes removes the raw flour taste and helps thicken the gravy. Slowly pour in the vegetable broth while whisking to prevent lumps. Continue cooking and stirring until the mixture thickens to the desired consistency.

## **Seasoning and Simmering**

Add soy sauce or tamari, herbs such as thyme and sage, and freshly ground black pepper. Adjust salt levels cautiously, considering the saltiness of the broth and soy sauce. Simmer the gravy gently for several minutes to allow flavors to meld and the sauce to thicken further.

## **Tips for Enhancing Flavor and Texture**

Achieving the best vegan mushroom gravy recipe relies on balancing savory depth with a smooth, luscious texture. Several techniques and ingredient choices can amplify the gravy's appeal and versatility.

## **Maximizing Umami**

To boost umami, consider incorporating ingredients like nutritional yeast, miso paste, or a splash of balsamic vinegar. These additions complement the mushrooms' natural savoriness without overpowering the dish. Toasting the mushrooms before sautéing can also enhance their flavor profile.

## **Ensuring Smooth Texture**

Prevent lumps by gradually adding liquid to the roux and whisking continuously. Straining the finished gravy through a fine mesh sieve can yield an ultra-smooth consistency. For a silkier mouthfeel, a small amount of plant-based cream or cashew cream may be stirred in at the end.

## **Adjusting Thickness**

The gravy's thickness can be tailored by varying the amount of thickener or broth. For a thicker sauce suitable for topping, increase the roux or reduce the broth. Conversely, thin with additional broth or water for a lighter consistency.

# Variations and Serving Suggestions

The best vegan mushroom gravy recipe is highly adaptable to different culinary contexts and personal preferences. Exploring variations and pairing ideas expands its utility in vegan and vegetarian cooking.

## Flavor Variations

Experiment with different mushroom varieties such as porcini, oyster, or portobello for unique flavor nuances. Adding ingredients like caramelized shallots, roasted garlic, or smoked paprika can introduce complexity. For a herbaceous twist, fresh rosemary or marjoram may be incorporated.

## Serving Suggestions

This mushroom gravy pairs beautifully with classic comfort foods and modern vegan dishes alike. Serve it over:

- Mashed potatoes or sweet potatoes
- Roasted or steamed vegetables
- Vegan meatloaf or seitan roast
- Grain bowls with quinoa or rice
- Biscuits or savory pancakes

## Common Issues and Troubleshooting

Despite its simplicity, preparing the best vegan mushroom gravy recipe may encounter occasional challenges. Understanding common issues and their solutions ensures a consistently satisfying outcome.

### Lumpy Gravy

Lumps typically result from adding liquid too quickly or insufficient whisking. To resolve this, whisk vigorously while adding broth gradually. If lumps persist, strain the gravy or blend briefly with an immersion blender to smooth the texture.

## **Thin or Watery Consistency**

If the gravy is too thin, increase the amount of flour or thickener slightly and cook longer to allow reduction. Alternatively, mix a small amount of thickener with cold water and stir it in, cooking until thickened. Avoid adding excessive broth or water after thickening.

## **Bland Flavor**

Blandness can be improved by increasing umami boosters such as soy sauce, nutritional yeast, or miso. Adjust salt and pepper levels gradually. Sautéing mushrooms until well browned enhances flavor depth, as does incorporating fresh herbs and a splash of acid like vinegar or lemon juice for brightness.

## **Frequently Asked Questions**

### **What are the key ingredients for the best vegan mushroom gravy?**

The key ingredients for the best vegan mushroom gravy include fresh mushrooms (such as cremini or button mushrooms), vegetable broth, onion, garlic, flour or cornstarch for thickening, soy sauce or tamari for umami, nutritional yeast for a cheesy flavor, and seasonings like thyme, salt, and pepper.

### **How can I make vegan mushroom gravy thick and creamy without dairy?**

To make vegan mushroom gravy thick and creamy without dairy, use a thickening agent like all-purpose flour, cornstarch, or arrowroot powder mixed with water to create a slurry. Adding blended soaked cashews or a splash of coconut milk can also add creaminess.

### **Can I use dried mushrooms for vegan mushroom gravy, and how?**

Yes, dried mushrooms can be used for vegan mushroom gravy. Soak them in hot water for about 20-30 minutes to rehydrate, then chop them finely. Use the soaking liquid as part of the vegetable broth to intensify the mushroom flavor.

### **What is a simple step-by-step method to prepare the best vegan mushroom gravy?**

A simple method: sauté chopped onions and garlic in oil, add sliced mushrooms and cook until browned, sprinkle flour and cook for a minute, gradually whisk

in vegetable broth and soy sauce, simmer until thickened, season with salt, pepper, and thyme, then optionally blend for a smoother texture.

## How can I make vegan mushroom gravy gluten-free?

To make vegan mushroom gravy gluten-free, replace regular flour with gluten-free alternatives like cornstarch, arrowroot powder, or a gluten-free flour blend. Use tamari instead of soy sauce if you need a gluten-free soy sauce option.

## Additional Resources

### 1. *The Ultimate Vegan Mushroom Gravy Cookbook*

This book offers a comprehensive collection of rich and savory vegan mushroom gravy recipes. It features step-by-step instructions for creating gravies perfect for holiday meals, everyday dinners, and special occasions. Readers will also find tips on selecting the best mushrooms and enhancing flavors without animal products.

### 2. *Mushroom Magic: Vegan Gravy and Sauces*

Explore the magic of mushrooms with this cookbook dedicated to vegan gravies and sauces. From creamy mushroom gravy to tangy herb-infused variations, this book provides creative recipes that elevate any plant-based meal. It also includes advice on mushroom varieties and cooking techniques to maximize umami.

### 3. *Plant-Based Comfort: Best Vegan Mushroom Gravy Recipes*

Designed for comfort food lovers, this book highlights hearty and delicious vegan mushroom gravy recipes. Each recipe is crafted to bring warmth and depth to your dishes, perfect for pairing with mashed potatoes, roasts, or vegan meat substitutes. The author emphasizes natural ingredients and easy preparation.

### 4. *Mushrooms & More: Vegan Gravy for Every Occasion*

This cookbook presents a diverse range of vegan mushroom gravy recipes suitable for casual dinners and festive feasts alike. It covers classic gravies as well as innovative blends with herbs, spices, and nuts. The book also offers guidance on making gravies gluten-free and oil-free.

### 5. *The Art of Vegan Mushroom Gravy*

Dive into the art and science of making the perfect vegan mushroom gravy with this detailed guide. It explains the role of mushrooms in creating rich textures and savory tastes without dairy or meat. Readers will find recipes that use simple pantry staples and techniques to achieve gourmet results.

### 6. *Everyday Vegan Mushroom Gravy: Quick & Easy Recipes*

Perfect for busy cooks, this book focuses on quick and easy vegan mushroom gravy recipes that don't sacrifice flavor. Most recipes can be prepared in under 30 minutes, using accessible ingredients. It's ideal for those who want

to add a delicious mushroom gravy to their meals without spending hours in the kitchen.

#### 7. *Hearty Vegan Mushroom Gravy and Sides*

This cookbook pairs robust vegan mushroom gravies with complementary side dishes to create complete, satisfying meals. It features recipes that highlight seasonal mushrooms and incorporate wholesome ingredients. The book also explores pairing suggestions and meal planning tips.

#### 8. *Mushroom Mania: Vegan Gravies, Soups & Stews*

Celebrate mushrooms in all their glory with this collection of vegan gravies, soups, and stews. The mushroom gravies are designed to add depth and richness to a variety of dishes. Alongside gravies, the book offers hearty soups and stews that make the most of mushroom flavors.

#### 9. *Simple & Savory: Vegan Mushroom Gravy Recipes for Beginners*

Ideal for those new to vegan cooking, this book breaks down the process of making delicious mushroom gravies into simple, easy-to-follow steps. It includes foundational recipes as well as tips on seasoning and texture. The approachable style encourages confidence and creativity in the kitchen.

## **Best Vegan Mushroom Gravy Recipe**

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**best vegan mushroom gravy recipe:** *Veggie OUTLAWS — Most Wanted Vegan Recipes* Linda Purcell, 2023-09-12 Veggie OUTLAWS - Most Wanted Vegan Recipes are simply the BEST plant-based recipes. Learn how to make delicious vegan recipes that satisfy you right down to your toes. Discover dishes that are a feast for the eyes, a treat for the body, and pure satisfaction in the belly. This book is chock-full of comfort foods like Friendly Mac 'n' Cheez; Grandma's Macaroni, Creamy Style; Spicy Chili Unfries with Chipotle Aioli; Desperado Pizza with Dipping Sauce; Garlic Parsley Bread; Shepherdless Pie; Cabbage Roll Casserole; Broccoli Bandit Soup; and wagonloads of other flavourful favourites, all developed with a tasty twist. Find crowd-pleasing brunches, tried-and-true appetizers, delightful salads and dressings, hearty and filling soups, spectacular sides, satisfying pastas and risotto, a wide variety of meals and mains, and of course — sinfully decadent desserts. Plus everything you need for a spectacular Holiday Meal, including a choice of mains, side dishes, drinks, and desserts. With Veggie OUTLAWS, you can create legendary vegan food at home, so don't just stand there... Hop on board!

**best vegan mushroom gravy recipe:** *Plant Based Fast Food Vol. 1 - 70+ Fast Vegan Recipes* ARJUN GOWDA, 2018-01-26 The Food Plant: Plant Based Fast Food Vol. 1 is an Original Selection of over 70+ FAST VEGAN RECIPES. All the recipes are 100% Vegan and can be adjusted to suit personal tastes and requirements. Each recipe is laid out in an easy to read format, clearly stating Ingredients, how many it'll serve and importantly Time. As this is Fast Food all recipes are made in the fastest way possible, all recipes are designed to be at least 30% faster than standard to make.

**best vegan mushroom gravy recipe: The Gluten-Free Grains Cookbook** Quelcy Kogel, 2019-04-09 Elevate Your Dishes with Flavorful Grains Whether you're a strict gluten-free eater, or just looking for more variety, The Gluten-Free Grains Cookbook shares dishes that can appease everyone at the table. Quelcy's tried and true recipes ensure that you cook with the right ingredients for the perfect meal every time. Discover grains from ancient Aztec amaranth and Ethiopian teff to buckwheat and sorghum and a myriad of ways to make them into memorable meals. Both omnivores and vegans can get behind recipes such as Friday Night Nachos or Quinoa "Fish" Fritter Tacos. Amaranth introduces nutty undertones to Smoky Tomato Cream Soup and Kimchi Pancakes. These grains, and others featured in this book, bring dimension to your cooking and help you pack more essential minerals into every delicious meal.

**best vegan mushroom gravy recipe: Frugal Vegan** Katie Koteen, Kate Kasbee, 2017-06-20 More than 50,000 copies sold! Following a Vegan Diet Has Never Been Easier, Cheaper or More Delicious Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

**best vegan mushroom gravy recipe: Finding Ultra, Revised and Updated Edition** Rich Roll, 2012-05-22 An incredible but true account of achieving one of the most awe-inspiring midlife physical transformations ever On the night before he was to turn forty, Rich Roll experienced a chilling glimpse of his future. Nearly fifty pounds overweight and unable to climb the stairs without stopping, he could see where his current sedentary life was taking him—and he woke up. Plunging into a new routine that prioritized a plant-based lifestyle and daily training, Rich morphed—in a matter of mere months—from out of shape, mid-life couch potato to endurance machine. Finding Ultra recounts Rich's remarkable journey to the starting line of the elite Ultraman competition, which pits the world's fittest humans in a 320-mile ordeal of swimming, biking, and running. And following that test, Rich conquered an even greater one: the EPIC5—five Ironman-distance triathlons, each on a different Hawaiian island, all completed in less than a week. In the years since Finding Ultra was published, Rich has become one of the world's most recognized advocates of plant-based living. In this newly revised and updated edition, he shares the practices, tools, and techniques he uses for optimal performance, longevity, and wellness, including diet and nutrition protocols. Rich reflects on the steps he took to shift his mindset and leverage deep reservoirs of untapped potential to achieve success beyond his wildest imagination, urging each of us to embark on our own journey of self-discovery.

**best vegan mushroom gravy recipe: *The Complete Vegan Cookbook*** Natural Gourmet, 2019-04-02 From the leading health-focused culinary school comes a comprehensive natural foods bible that shares forty years' worth of tools and techniques for more than 150 health-supportive recipes. In its forty-year history, Natural Gourmet has trained many natural food chefs in the art of healthy cooking. Their curriculum emphasizes local ingredients and the philosophy of using food as medicine. Now, in their very first cookbook, Natural Gourmet reveals how to utilize whole seasonal ingredients in creative and delicious ways. You'll learn about methods for sourcing sustainable ingredients, principles of nutrition, and much more. Every recipe is perfect for anybody wanting to eat a little healthier, whether to adhere to a specific diet, to do better for the earth, or just to feel better.

**best vegan mushroom gravy recipe: La Dolce Vegan!** Sarah Kramer, 2005-10-01 Sarah Kramer is a vegan cooking superstar. Her first two books, *How It All Vegan!* and *The Garden of Vegan*, co-authored with Tanya Barnard, have sold well over 100,000 copies; *How It All Vegan!* won the Veggie Award for favorite cookbook of 2004 by VegNews magazine, and *Herbivore* magazine, in a cover story on Sarah, called her “The World’s Coolest Vegan.” Sarah returns with her first solo cookbook, featuring more of the delectable, easy-to-prepare recipes that vegans around the world have come to adore. For Sarah, vegan cooking—which eschews all animal products, including butter, milk, and cheese—can be an adventure in dining, without a lot of investment in time or money. In fact, most of the recipes in *La Dolce Vegan!* can be prepared in 20 to 30 minutes or less. From soups and salads to entrees and desserts, they are sure to inspire both committed and part-time vegans alike. At the heart of the book is Sarah’s wholehearted commitment to the vegan lifestyle that has changed her life completely—from a childhood plagued with health problems to an adulthood filled with the pleasures and joys of living vegan. For Sarah, an animal-free diet will make you happier, healthier, and more content with the world around you. In addition to the wonderful recipes, there is a fun do-it-yourself section of vegan tips and non-food items. Learn to live the sweet life of veganism and you’ll never look back! Recipes include: Beauty and the Beet Borscht, Mocked Clam Chowder, Roasted Cherry Tomato Pasta, Sloppy Janes, Blessed Broccoli Stir-Fry, Apple Pie Pancakes, Carob Almond Truffles, and Tomato Soup Cake. Sarah Kramer is the co-author of *How It All Vegan!* and *The Garden of Vegan*. She lives in Victoria, British Columbia, with her husband, where she manages a tattoo shop in addition to creating her vegan masterpieces and maintaining her popular website [www.GoVegan.net](http://www.GoVegan.net).

**best vegan mushroom gravy recipe: Quick & Easy Vegan Comfort Food** Alicia C. Simpson, 2009-10-06 Enjoy all the rich flavor of traditional American comfort food on a plant-based diet with this vegan cookbook full of simple, satisfying meals. A born food-lover, Alicia C. Simpson grew up on California’s incredible Mexican food and her father’s “traditional Southern soul food.” She couldn’t imagine giving up her favorite dishes to become vegan. Could Animal-free food ever match the tastes of home—like fried chicken, macaroni and cheese, or a bowl of chili? Three years after taking the vegan plunge, Alicia answers that question with a resounding “yes!” *Quick & Easy Vegan Comfort Food* features easy-to-prepare, animal-free versions of classics like Spicy Buffalo Bites, Ultimate Nachos, Baked Ziti and more; plus 65 delicious combinations for breakfast, lunch, and dinner, with flavors from around the world. Alicia also tells you everything you need to know to start your vegan pantry, and why being vegan is easier, less expensive, and more delicious than you might think.

**best vegan mushroom gravy recipe: Quick and Easy Vegan Slow Cooking** Carla Kelly, 2012-05-08 Who knew “slow” could be so fast? Well, it can be—whether you’re an experienced cook or a slow-cooker newbie—with this cookbook of set-and-forget vegan meals! Ever wished you could have a healthy, delicious, home-cooked dinner waiting for you when you get home? Well, stop dreaming and start cooking! In *Quick and Easy Vegan Slow Cooking*, Carla Kelly brings you over 150 recipes for nourishing, whole foods-based meals, with easy-to-find, economical ingredients, simple cooking techniques, and minimal prep time. Whatever your skill level, Carla’s got you covered for slow-cooked meals year round—from hearty, comforting winter fare to light summer dinners that won’t heat up your kitchen. If you spend a few minutes in the morning or the night before, you can come home to the aromas of these classic favorites and unique new flavors: • Triple Tomato Soup • Smoky Mushroom and Tofu Stroganoff • Pumpkin and Tomato Dal • Crème of Broccoli Soup • Tempeh Tikka Masala • Kidney Bean and Sweet Potato Chili • Creamy Leek and Almond Pasta • Classic Polenta, and much more! There’s something here for everyone and every occasion: Kids will cheer for simple favorites like Franks’n’Beans and Cheesy Mac, and your friends will ooh and aah over sophisticated, holiday-ready dishes like Asparagus and Pine Nut Vodka Risotto. You’ll find nourishing soups, stews, casseroles, chilies, curries, pasta bakes, and sides that draw from an eclectic, global range of culinary influences to fill your every craving—not your every moment. With handy slow-cooking tips, lists of gluten- and soy-free recipes, and a collection of easy sides to accompany your slow-cooked main course, this book is an all-in-one guide for every vegan on the go.

So pull out your slow cooker, roll up your sleeves, and get set to forget—until dinnertime, that is!

**best vegan mushroom gravy recipe: The Easy Vegan** Janet Hudson, 2025-09-12 Whether you're a practicing vegan or a meat eater looking to improve your health, The Easy Vegan offers dozens of recipes to reinvigorate your everyday meals. With more than 440 recipes, from appealing appetizers to delicious desserts, The Easy Vegan takes a healthy approach to some of the most common recipes, and adds some delicious new surprises from Vegan Shepherd's pie to Mac and Cheese to savory pies, cakes, dressings, chutneys, and more..p>Vegan chef Janet Hudson shows how to use easy-to-find fresh ingredients, dairy and meat substitutes, and common pantry staples for each recipe. The Easy Vegan looks at nutritional concerns for both children and adults and shows how vegan cooking is low in cholesterol and fat, and high in important antioxidants, vitamins, and minerals to improve health.

**best vegan mushroom gravy recipe: The Everyday Vegan** Dreena Burton, 2002-07-01 Dreena Burton demonstrates that anyone can prepare an array of delectable vegan dishes without compromising one's health or sense of taste. The Everyday Vegan includes recipes as well as cooking and shopping tips, meal plan suggestions, and nutritional analyses.

**best vegan mushroom gravy recipe: History of Tempeh and Tempeh Products (1815-2022)** William Shurtleff; Akiko Aoyagi, 2022-02-06 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 325 photographs and illustrations - mostly color. Free of charge in digital PDF format.

**best vegan mushroom gravy recipe: Fresh from the Vegan Slow Cooker** Robin Robertson, 2012-09-25 Robin Robertson has built a publishing record of successful books in the vegetarian/vegan category. Her earlier cookbook, Fresh from the Vegetarian Slow-Cooker, established her bona fides as an expert on the creative use of slow-cookers, and her entire body of work speaks to her ingenuity in the kitchen and the breadth of enticing ingredients and flavors with which she works. Fresh from the Vegan Slow-Cooker provides practical guidance on how to work with different models of slow-cookers, taking into account the sizes of various machines, the variety of settings they offer, and the quirks and personalities of each device. She addresses any lingering skepticism readers may have about whether slow-cookers can have delicious, meat-free applications, and she shows how to take into account the water content of vegetables and the absorptive qualities of grains when vegan slow-cooking. Fresh from the Vegan Slow-Cooker includes eleven recipe chapters, four of which focus on main courses. There are homey and comforting foods in the American and European style, such as a Rustic Pot Pie Topped with Chive Biscuits and a Ziti with Mushroom and Bell Pepper Ragu, and there are lots of East Asian, South and Southeast Asian, and Mexican/Latin dishes, too. Beans, which cook slowly under any circumstance, are fabulously well-suited to the slow cooker, and Robertson includes such appealing recipes as a Crockery Cassoulet and a Greek-Style Beans with Tomatoes and Spinach. Eighteen robust chilis and stews - two more categories that do well in the slow-cooker - include a warming Chipotle Black Bean Chili with Winter Squash and a surprising but yummy Seitan Stroganoff. Beyond the mains, there are chapters devoted to snacks and appetizers, desserts, breads and breakfasts, and even one on drinks. The many soy-free and gluten-free recipes are clearly identified. Altogether, the collection offers readers loads of ways to expand their vegan repertoire and to get maximum value from their investment in a slow-cooker.

**best vegan mushroom gravy recipe: BenBella's Best of Plant-Based Eating** Benbella Vegan, 2015-10-27 Living plant-based doesn't mean you have to resign yourself to eating salads for every meal (although we wouldn't say no to a bowl of leafy greens). BenBella's Best of Plant-Based Eating, which has been downloaded over 125,000 times, includes creative and delicious recipes for a well-balanced, varied, and satisfying vegan lifestyle. Inside this second edition, you'll find nearly 50 recipes, including 14 brand-new dishes, from our top-selling cookbooks including: Thai Tacos Savory Chickpea Omelets Buddha Lentil Burger Raspberry and Coconut Glazed Doughnuts And more! Along with recipes, you'll also find selections exploring the global implications of a plant-based lifestyle, to feed your mind as well as your body. BenBella's Best of Plant-Based Eating includes recipes and

selections from: Tracy Russell's *The Best Green Smoothies on the Planet* Del Sroufe's *Better Than Vegan* Christy Morgan's *Blissful Bites* LeAnne Campbell's *The China Study Cookbook* Del Sroufe's *The China Study Quick & Easy Cookbook* Jeff and Joan Stanford's *Dining at The Ravens* Lindsay Nixon's *Happy Herbivore Series* *The Happy Herbivore Cookbook* *Everyday Happy Herbivore* *Happy Herbivore Abroad* *Happy Herbivore Guide to Plant-Based Eating* *Happy Herbivore Holidays & Gatherings* *Happy Herbivore Light & Lean* Eric Brent and Glen Merzers' *The HappyCow Cookbook* Christina Ross' *Love Fed* Laura Theodore's *Jazzy Vegetarian Classics* Dreena Burton's *Plant-Powered Families* Kim Campbell's *The PlantPure Nation Cookbook* Heather Crosby's *YumUniverse* Pam Popper and Glen Merzer's *Food Over Medicine* J. Morris Hicks's *Healthy Eating*, *Healthy World* T. Colin Campbell and Howard Jacobson's *Whole* and *The Low-Carb Fraud*

**best vegan mushroom gravy recipe:** *The Great Vegan Protein Book* Celine Steen, Tamasin Noyes, 2015-02-15 How do you get your protein? As a vegan, you're sure to get asked this question often. Most likely, you've even thought about it yourself. Vegan protein comes from things like tofu and tempeh, to beans, nuts, and protein-rich whole grains like quinoa. There are loads of options out there, but how to prepare them? What to put them in? These are questions that can feel daunting, especially if you haven't used these ingredients before. Never fear, Celine Steen and Tamasin Noyes to the rescue! *The Great Vegan Protein Book* takes you step-by-step through each protein-rich vegan food group, providing you with valuable information on how to prepare the ingredient along with more than one hundred delicious and easy recipes (many of them low-fat, soy free, and gluten-free!). Each recipe uses whole food ingredients that can be easily found at most grocery stores or farmer's markets-no hard-to-find ingredients or things you can't pronounce. Say yes to protein and eating better with *The Great Vegan Protein Book*!

**best vegan mushroom gravy recipe:** *Cooking Vegan* Vesanto Melina, Joseph Forest, 2012-07-16 *COOKING VEGAN* was designed to help vegan and non-vegans alike understand how to use plant-based foods to sustain and maintain good health. Internationally renowned vegan dietitian Vesanto Melina and professional chef Joseph Forest combine their expansive knowledge and experience in this tour de force of information and tempting recipes to help readers expand their nutritional knowledge and increase their culinary repertoire. A companion book to Vesanto's best-selling *Becoming Vegan* (coauthored with Brenda Davis, R.D.), *COOKING VEGAN* expertly demonstrates that a well-balanced vegan diet supplies all the nutrients our bodies need. Explicit information is given on which foods provide protein to help maintain fitness, the right combination of nutrients to build strong bones, the best sources for carbohydrates and fats, and smart choices for obtaining vitamins D and B12. Each recipe has a complete nutritional analysis listing the number of calories and the amount of protein, fat, carbohydrates, minerals, vitamins, and essential fatty acids per cup or serving. A *Vegan Food Guide* describes the necessary food groups and provides recommended servings for optimal nutrition. Special emphasis was placed on creating foods that appeal to the senses of sight, smell, taste, and touch. A beginner seeking simplicity and a gourmet chef exploring the depths and nuances of flavor will both find nourishing and appetizing meals easy to assemble. Twelve daily menus combine recipes to help people of any age, activity level, or ability in the kitchen get a sense of how to mix and match dishes to suit their needs. A few of the delicious recipes to savor include Cashew Cheese Lasagne, Fiesta Quinoa Salad w/ Lime Dressing, Portobello Mushroom Burgers, Tuscan Minestrone and Chocolate-Orange Cake. *Cooking Vegan* shows how to adopt a diet that is not only healthful, but inspirational to prepare, and satisfying to eat.

**best vegan mushroom gravy recipe:** *The Ultimate Vegan Cookbook* Emily von Euw, Kathy Hester, Amber St. Peter, Marie Reginato, Celine Steen, Linda Meyer, Alex Meyer, 2018-10-23 *The Only Vegan Cookbook You'll Ever Need* Seven standout authors have joined forces to create this definitive vegan reference book. With more than 600 recipes, this indispensable kitchen staple is perfect for seasoned vegans looking to build their repertoires, cooks new to the basics of plant-based cuisine and curious meat-eaters on the hunt for new flavors. Gluten-free, soy-free and sugar-free options are included, and many recipes come together in 30 minutes or less. Offering unbeatable variety and covering everything from main dishes, sides, soups and salads to breakfasts, beverages,

desserts and pantry staples, these experienced and creative vegan authorities have you covered.

**best vegan mushroom gravy recipe:** Better Than Vegan Del Sroufe, Glen Merzer, 2013-12-03 Eating healthy just got a whole lot easier. The science is very clear. A whole-foods, plant-based diet is the healthiest possible way to eat—but veganism itself doesn't mean health, as Chef Del Sroufe, author of the New York Times bestseller *Forks Over Knives—The Cookbook*, knows better than anyone. Sroufe managed to reach 475 pounds while eating a vegan diet rich in pastries, peanut butter, and potato chips. After converting to a vegan diet with minimal processed foods, sugars and added oils, he lost more than 240 pounds without giving up great food. In *Better than Vegan*, Sroufe provides more than a hundred recipes that prove that the healthiest diet can also be the most delicious. Included in *Better than Vegan* are dishes such as: • Portobello Wraps with Spicy Asian Slaw • Gnocchi • Three Sisters Enchiladas • Lemon Berry Sorbet In *Better Than Vegan*, Sroufe tells his remarkable personal journey of how he went on to lose hundreds of pounds on a healthy vegan diet and then shares the kinds of meals (with no oil and low in fat and sugar) that restored him to health. With photographs by Robert Metzger and coauthored by Mad Cowboy coauthor Glen Merzer, *Better Than Vegan* offers healthy and professional cooking tips with nutritional advice to help you achieve the optimal vegan diet.

**best vegan mushroom gravy recipe:** The Best Plant-Based Cooking Recipes Brian Smith, *The Best Plant-Based Cooking Recipes* is a comprehensive collection of delicious and nutritious plant-based recipes. This book covers a wide variety of meals, from breakfast delights to satisfying salads, flavorful main dishes, tasty side dishes, sauces, dressings, and dips, sweet treats, beverages and smoothies, baking adventures, quick and easy meals, holiday and celebration foods, global cuisine, and essential cooking techniques. The main theme of this book is promoting a plant-based diet and highlighting the benefits of incorporating more plant-based meals into our daily lives. The recipes are designed to be easy to follow and cater to different dietary preferences by using essential plant-based ingredients. From savory tofu scramble to vegan buddha bowl, lentil and vegetable soup, Mediterranean quinoa salad, eggplant parmigiana, roasted garlic mashed potatoes, cashew cream sauce, vegan chocolate avocado mousse, and Mexican street corn tacos, these recipes offer a diverse range of flavors and cuisines. Readers will find helpful tips for transitioning to a plant-based diet and suggestions for essential ingredients for plant-based cooking. The book also includes information on various cooking techniques, such as tofu preparation, baking with alternative flours, and creating flavorful vegan broths and stocks. Whether you are a seasoned vegan or looking to incorporate more plant-based meals into your diet, *The Best Plant-Based Cooking Recipes* will inspire you to explore new flavors and enjoy the health benefits of a plant-based lifestyle.

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