

BEST EVER VEGAN GRAVY

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-meatballs-sauce-recipe-cream-mushroom-soup>

Ingredients:

- 1 tablespoon olive oil
- 2 carrots
- 2 red onions
- 250 grams chestnut mushrooms
- 2 cloves garlic
- 1 leek
- 2 sticks celery
- 3 tablespoons plain flour or Gluten-Free Flour
- 2 tablespoons tomato puree
- 1/2 cup red wine
- 1 tablespoon soy sauce
- 1 tablespoon marmite
- 1 tablespoon balsamic vinegar
- 1/3 cup brewed coffee ideally from ground beans, but instant coffee will also work
- 2 sprigs fresh thyme
- 2 sprigs fresh sage
- 1 sprig fresh rosemary
- 3 cups vegetable stock
- 1 pinch sea salt & Pepper

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 15 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. Sodium: 820 milligrams
7. Sugar: 6 grams

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