

Savory Mushroom Gravy

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-swiss-steak-mushroom-gravy-recipe>

Ingredients:

- 4 cups vegetable broth
- 1/2 cup all purpose flour
- 1 yellow onion medium, diced small
- 2 tablespoons olive oil
- 16 ounces cremini mushrooms thinly sliced and chopped
- 4 cloves garlic minced
- 2 teaspoons dried thyme
- 1 teaspoon sage dried
- 1/2 teaspoon salt
- 1 dash black pepper fresh
- 1/2 cup dry white wine chardonnay is great
- 2 tablespoons nutritional yeast

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 620 milligrams
8. Sugar: 3 grams

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