

Brown Gravy (Vegan)

Ingredients:

- 2 cups of vegetable broth (for non-vegan, may use beef or chicken broth)
- 1 tablespoon brewer's yeast
- 1 tablespoon Tamari
- 1/4 cup oil, olive is best
- 1/4 cup flour, whole wheat or garbanzo flour

Directions:

Heat oil in a frying pan, add the flour. Stir with a whisk until bubbling. Add broth a little at a time until the desired consistency. Add the yeast and tamari And stir well. If using garbanzo flour, add a little sweet basil for an unusual but satisfying taste.