

Bryanna's Rich (Fat-Free) Brown Gravy (Vegan)

Chef Bryanna Clark Grogan makes holidays a breeze with great recipes from "The (Almost) No-Fat Holiday Cookbook", one in a series of her eight popular vegan cookbooks.

Yield: 2 1/2 cups

Ingredients:

- 2 1/2 cups water (or use 2 cups water and 1/2 cup dry sherry, port, Madeira, or Marsala)
- 1/3 cup unbleached white flour
- 1/3 cup nutritional yeast flakes
- 2 tablespoons soy sauce
- 1/2 teaspoon salt

OPTIONAL: a few shakes of gravy browner, such as Kitchen Bouquet. Add sauteed mushrooms to the gravy, if you like.

Directions:

In a heavy saucepan over high heat, whisk the yeast and flour together until it smells toasty. Off the heat, whisk in the water, soy sauce, salt and Kitchen Bouquet, if using. Stir constantly over high heat until it thickens and comes to a boil. Reduce the heat and simmer for 2-5 minutes. This can be made ahead and reheated.