



Pepper and Mushroom Sauce

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : 375 ml (1 1/2 cups)

INGREDIENTS

- 15 ml (1 tbsp) light olive oil
- 227 g (8 oz) brown mushrooms, sliced
- 1 ml (1/4 tsp) salt
- 30 ml (2 tbsp) all-purpose flour "La Merveilleuse"
- 300 g (1 1/4 cups) vegetable stock
- 5 ml (1 tsp) onion powder
- 15 ml (1 tbsp) 4 pepper mixture, whole
- 30 ml (2 tbsp) gluten-free tamari sauce

PREPARATION

1. In a medium saucepan, sauté mushrooms in oil over medium-low heat for about 3 minutes. Add salt and sauté for an additional 2 minutes.
2. Add flour and cook for 1 minute, stirring. Gently pour in the vegetable broth, stirring with a whisk, then add the onion powder.
3. Continue to stir, bring gently to a boil and simmer over low heat uncovered for 5 minutes with pepper. Add the tamari sauce and stir well.



This sauce will delight mushroom lovers and enhance many of your main dishes this holiday season!