

Put-it-on-Everything Mushroom Gravy – Comfort du Jour

I love having a single gravy on the table that makes *everyone* happy, whether or not they eat meat, and this one is the stuff. It is as good on meatloaf with mashed potatoes as it is with turkey and dressing, in the sauce of your favorite green bean casserole or as a savory accompaniment to nearly anything you serve at Thanksgiving.

INGREDIENTS (MAKES ABOUT 2 CUPS)

4 Tbsp. extra virgin olive oil*
1/2 medium onion, finely minced
6 large cremini mushrooms, cleaned and diced small (measuring about 1 cup)
1 tsp. Umami seasoning*
1 bulb roasted garlic
2 Tbsp. all-purpose flour
1 1/2 cups low-sodium vegetable broth*
Salt and freshly cracked black pepper

*NOTES

Any good quality olive oil will work here, but I'm partial to the "wild mushroom & sage" infused oil that is available at many boutique olive oil and vinegar shops. You can also use a favorite plant-based butter, if you'd like.

The Umami seasoning is a Trader Joe's item. If you cannot find it, just add a few red pepper flakes or a slight sprinkle of ground cayenne to the recipe for a subtle touch of the same flavors, or omit it.

Vegetable broth ingredients vary a great deal, and I recommend one that does not have tomato, which can alter the acidity of some dishes.

INSTRUCTIONS

1. Place a heavy-bottomed saucepan over medium heat. Swirl in 2 tablespoons of the olive oil and sauté the onions until soft and translucent.
2. Add another tablespoon of oil and half of the mushrooms. Sauté until moisture is reduced and mushrooms are soft, then repeat with remaining oil and mushrooms.
3. Season with salt, pepper and umami seasoning. Add roasted garlic and stir to blend it in.
4. Sprinkle flour over the mixture and cook one minute until the flour seems absorbed and mixture begins to bubble.
5. Add broth, a little at a time, and stir or whisk into a smooth and thickened sauce consistency. Simmer on low heat several minutes before serving.