

## Rich and Delicious Mushroom Gravy

I don't save this recipe just for holidays, it's a quick, delicious sauce to use whenever I want a hearty bowl meal!

### Ingredients:

1 cup chopped white onion  
2 cups fresh button mushrooms, chopped  
4 cloves garlic, chopped  
  
3 cups vegetable broth  
¼ cup dry red wine  
¼ cup whole wheat flour  
3 Tbsp nutritional yeast  
1 tsp thyme  
1 tsp rosemary  
2 Tbsp tamari  
1 tsp salt  
1 tsp sage  
¼ tsp black pepper

### Instructions:

Water saute the onions, mushroom and garlic in a medium saucepan until the onions are translucent. Add the remaining ingredients to a high-speed blender and puree until smooth, then pour into the saucepan with the onions, mushrooms and garlic . Cook the gravy over medium heat and whisk often until the gravy has thickened to the correct consistency; if you prefer the consistency to be thicker, whisk in more flour.

**Note:** As with the Golden Cheezy Sauce which also uses flour, instead of taking the extra step of combining flour and margarine first to make roux, this recipe lets you skip that step and cut out the margarine completely. Instead of all-purpose flour, you can use chickpea flour or other alternatives to make this recipe gluten-free.

**Recommended with:** Chickpeas, mashed or cubed potatoes, green beans

## Rosemary Garlic Mashed Potatoes

### **Ingredients:**

2 pounds Yukon Gold or yellow potatoes

1/3 cup peeled garlic cloves (not chopped)

1 tsp fresh rosemary, minced

1 tsp salt

1/3 cup cashew cream

½ tsp black pepper

Wash the potatoes, peel half of them and cut into 1" cubes. Place the potatoes, garlic, rosemary, and salt in a large saucepan with water to cover by 1 inch. Bring to a boil then lower to med-low and cover for 30-40 minutes until the potatoes are soft. Drain the potatoes but save the cooking water. Add the cashew cream to the potatoes and slowly add the cooking water back in small amounts, and mash the potatoes until creamy. Stir in the black pepper and serve.

## Two Whole-Food Pie Crusts

### Chocolate Pie Crust

#### Ingredients:

3/4 cup pecans

1 cup dates

Pinch of salt

1 tsp pure vanilla powder

3 tbsp cacao powder

Add the crust ingredients to a food processor and blend until well-combined.

### Oatmeal Cookie Crust:

2 tablespoons coconut oil or coconut manna

1/3 cup pecans

1 cup rolled oats

1/2 cup unsweetened shredded coconut

7 pitted dates

Zest of 1 lemon

1/8 tsp sea salt

Preheat the oven to 350°F; while the oven is preheating, make the crust. Place all crust ingredients in a food processor and pulse until crust sticks together well. Press crust evenly along the bottom and sides of a pie plate, Bake for 10 minutes, or until the crust is lightly golden. Remove baked crust from the oven and let cool for at least 30 minutes.

## Lean & Mean Green Bean Casserole

### Ingredients:

4 cups fresh green beans, cut into 3" long segments  
2 cups button mushrooms, roughly chopped  
1 poblano pepper, seeded and diced  
Several dashes of liquid smoke

### For the sauce:

1 cup water  
1 cup cashews  
1 Tbsp tamari  
1 Tbsp Better Than Bouillon mushroom base  
½ tsp black pepper  
1 tsp sea salt

### For the crispy fried onions:

1 large yellow onion roughly chopped, or 1 ½ cups shallots sliced into rings  
6 Tbsp panko bread crumbs  
1 Tbsp all-purpose flour  
1 Tbsp water  
1 tsp vegetable oil

⅔ cup Bacony Vegan Bits (see **Odds & Ends**)

### Instructions:

Steam the green beans for 10 minutes, then add to a large mixing bowl. While the beans are steaming, add the mushrooms and poblano pepper to a food processor with an 'S' blade and pulse until chopped well. Water-saute the mushroom-pepper mixture for several minutes with a few dashes of liquid smoke until the mushrooms are soft. Add to the mixing bowl with the green beans and stir.

In a high-powered blender, combine the sauce ingredients and blend until well-combined. Pour the sauce into the large mixing bowl and stir. Pour the mixture into a casserole dish, cover with aluminum foil and bake for 20 minutes at 350 degrees.

Combine the ingredients for the crispy fried onions together into a separate mixing bowl, toss and cook in an air fryer for 8 minutes on 370 degrees. Remove the basket, shake well and cook for another 8 minutes at 370 degrees. Alternatively, spread out over parchment paper or silicone baking mat on a rimmed baking sheet, and bake in the oven on a lower rack with the casserole for 8 minutes, then remove to the mixing bowl, add another 1 tsp oil and toss, then bake for another 8 minutes.

Remove the foil, increase the oven temperature to 375 degrees, spread the crispy fried onions and Bacony Vegan Bits over the casserole, and return to the oven for an additional 5 minutes before serving.

## Golden Cheezy Sauce

This recipe was one of the first all-purpose sauces I used that makes everything taste good; the boys always ask for seconds with this sauce!

### Ingredients:

3 ½ cups water

½ cup raw cashews

½ cup all-purpose flour

2 Tbsp tamari

1 ½ Tsp garlic powder

1 Tsp onion powder

1 Tsp salt

½ Tsp turmeric

1 cup nutritional yeast

### Instructions:

Add water and cashews to a high-speed blender and blend until smooth (2 minutes). Add the remaining ingredients and blend further until sauce is smooth. Pour sauce into a medium saucepan and cook on medium heat, use a whisk to stir constantly until the sauce thickens (should take about 5 minutes).

**Note:** Instead of taking the extra step of combining flour and margarine first to make roux, this recipe lets you skip that step and cut out the margarine completely. Instead of all-purpose flour, you can use chickpea flour or other alternatives to make this recipe gluten-free.

**Recommended with:** My favorite meal with the Golden Cheezy Sauce is brown basmati rice, steamed broccoli, covered with the sauce, sprinkled with chopped pecans and sprinkled with paprika