



Low Carb Mushroom Sauce without Cream



This is the sauce that'll make you weak in the knees! This Low Carb Mushroom Sauce without Cream is thick, rich, and irresistible. The mushrooms are seared with onions and garlic until they are a perfect deep brown color and salty, nutty, earthy flavor. Thyme brings in more earthiness and a fantastic herbed backdrop. Then vegetable broth is added to create the start of a delicious sauce. Finally, a cornstarch slurry is whisked in to thicken it up to a glorious silky, and gluten-free creamy finish! No heavy cream needed!

Course	Main Course
Cuisine	American
Keyword	mushrooms, vegetarian
Prep Time	10 minutes
Cook Time	15 minutes
Total Time	25 minutes
Servings	4 servings
Calories	56kcal
Author	Carrie Tyler

Ingredients

- 10 oz White Button Mushrooms
- 1 Small Onion (or ½ cup diced)
- ½ Clove Garlic (or ½ teaspoon minced)
- ½ tsp Dried Thyme, crushed
- ½ teaspoon Salt
- ½ teaspoon Ground Black Pepper
- 1 cup Vegetable Broth
- 1 tablespoon Cornstarch heaping
- ½ cup Milk You can replace with cold water or broth

Instructions

Prep-Ahead Steps

1. Slice the mushrooms. Dice the onions. Mince the garlic.

Cook!

1. Preheat a large skillet and drizzle or spray with extra virgin olive oil.
2. Add the onions, garlic, mushrooms, and thyme to the skillet and stir to mix together. Then spread out into a layer so as many mushrooms as possible are touching the skillet bottom.

3. Let sit without stirring for about 3-4 minutes until the mushrooms get a beautiful browned sear. Then stir so that the other side of as many mushrooms as possible get a sear.
4. Add a pinch of salt and ground black pepper and let the mushrooms cook down for another 5 minutes.
5. While the mushrooms are cooking, making the slurry by mixing the cornstarch into the cold milk until completely dissolved.
6. Add the Vegetable broth and stir to scrape up all of the browned bits from the bottom.
7. Add the cornstarch slurry, as this is the thickener. Whisk to ensure you don't get any clumps. It will thicken pretty fast. Bring back to a light simmer for 5 minutes.
8. Serve and enjoy!!

Notes

1. For the Mushrooms, you can use cremini mushrooms as well.
2. I used vegetable broth, but any broth will work in this recipe.
3. I used Beyond Burger Patties, but you can certainly use any veggie burger you prefer. You can also use real beef. Simply form the ground beef into a burger patty as you would normally. Sear it on both sides in the skillet and then let it cook 90% of the way done. Remove the patties to continue the recipe.
4. What are the best mushrooms to use in this Mushroom Sauce recipe? White Button Mushrooms, cremini, or baby bella are the best mushrooms to use in this Mushroom Sauce recipe. However, you could also use a variety of different mushrooms, including shiitake mushrooms.
5. How far in advance can I make this sauce? You can make this Mushroom Sauce and store in the fridge in an airtight container for up to 5 days.
6. Can I freeze this sauce? You can make this Mushroom Sauce and store in the freezer in an airtight container for up to 4 months. To reheat, place the frozen sauce in the refrigerator overnight to thaw. Then reheat either in a pot on the stove or in the microwave.

