

BASE ESSENTIALS

Base Essentials Vegan Brown Gravy

Ingredients:	Quantity	Unit	Notes
Base Essentials Vegetable Base	2	tsp.	
Water	2	cup	
Wheat Flour	3	oz	
Garlic	1	Tbsn	Minced
Onion	1	Tbsn	Minced
Fresh Thyme	1/2	tsp	Finely chopped
Fresh Rosemary	1/2	tsp	Finely chopped
Tamari or Coconut Aminos	1/2	cup	
Olive Oil	1	Tbsn	
Salt & Pepper			To taste

1. Saute the garlic and onion in the olive oil for 2 minutes. Add in the wheat flour, stir and cooked for another 2 minutes
2. Add in the water, Base Essentials Vegetable Base and fresh herbs, simmer for about 3 minutes
3. Add in the Tamari or Coconut Aminos. Bring to a simmer. Season to taste with salt & pepper

