

Country Gravy *adapted from Recipes from the Weimar Kitchen*

Ingredients

- 2 c. water (divided)
- 1/2 c. raw cashews
- 1 generous T. cornstarch, arrowroot starch, potato starch, or flour
- 2 T. natural soy sauce (Class #1)
- 2 t. nutritional yeast (heaping)
- 2 t. onion powder
- 1 t. Bill's Best vegetarian chicken seasoning
- ½ t. salt
- 1 garlic clove
- Dried parsley or other favorite herbs

Instructions

1. Blend cashews with 1 c. of water until very smooth.
2. Add remaining 1 c. water and rest of ingredients and blend.
3. Stir in dried parsley or other favorite dried herbs if desired.
4. Bring to a boil over medium-high heat, stirring constantly.

Variations

- **Add in sautéed onions, mushrooms, tofu or vegetables.**
- **Serve over biscuits, rice, pasta or potatoes!**

"I come from a family where gravy is considered a beverage." --Erma Bombeck