



Dairy-Free Creamy Dreamy Gravy

By Erin Fletter

Prep Time / Cook Time / Serves 4 - 6

Equipment

Ingredients

Dairy-Free Creamy Dreamy Gravy

- 1 1/2 T olive oil
- 1/2 tsp arrowroot powder
- 3/4 C vegetable broth
- 1/2 13.5 oz can full-fat coconut milk ******(for COCONUT ALLERGY sub heavy cream/unsweetened soy creamer)""
- 1 T soy sauce ******(for SOY ALLERGY sub tamari/coconut aminos)******
- 1 pinch salt
- 1/4 tsp garlic powder

Food Allergen Substitutions

Dairy-Free Creamy Dreamy Gravy

COCONUT: Substitute heavy cream or unsweetened soy creamer for coconut milk in Gravy.

GLUTEN/WHEAT: Substitute gluten-free tamari or coconut aminos for soy sauce in Gravy.

SOY: Substitute coconut aminos for soy sauce in Gravy.

Instructions

Dairy-Free Creamy Dreamy Gravy

measure + add + blend

To a blender, add **1 1/2 tablespoons olive oil, 1/2 teaspoon arrowroot powder, 3/4 cup of vegetable broth, 1/2 can of coconut milk, 1 tablespoon soy sauce,** and **1 pinch of salt.** Blend on high until the mixture is smooth and creamy. Add this mixture to your skillet once “meat”balls have browned. Bring to a simmer and stir until gravy thickens.