**Vegan Mushroom and Onion Gravy**

1 Onion, peeled and thinly sliced

10 Button mushrooms, thinly sliced

3 cups Liquid vegetable stock

2 tbsp Whole wheat flour (mixed in a little water to form a slurry)

1. Heat a pan over a high heat and add the onion and dry sauté (no oil) for a few minutes until the onions are brown. Add a little stock to deglaze the pan.

2. Add mushrooms, and sauté until soft. Add stock and stir.

3. Add the whole wheat l flour slurry and stir constantly until boiling. Reduce the heat and simmer for 5 to 10 minutes. Remove from the heat.

*Adapted from ifeelgood magazine*