

Easy Chicken-Like Gravy (makes 3 cups)

2 cups water
1/2 medium onion
3/4 cups garbanzos
1/2 cup flour
1/2 tsp salt
1/8 tsp ground celery seed
4 Tbs soy sauce or 1 1/2 Tbs Chick-it Seasoning

Blend garbanzos in small amount of the water until smooth, then add the remaining ingredients and blend briefly.

Cook over low heat for 20 min, stirring frequently

BEST GOURMET RECIPES from Five Loaves Deli, by Neva Brackett; © 1997; pg 99

Chick'mmm Gravy (makes 8 cups)

1 1/2 cups raw cashews
1/3 cup cornstarch
3 Tbsp Chick-it Seasoning
1/3 cup Yeast Flakes
2 tsp Onion Powder
Salt to taste

Grind all ingredients in blender until fine.

Bring 1 quart water to a boil

Add another quart of water to the dry mixture in the blender, then blend until very creamy.

Add mixture in blender to boiling water and thicken on medium heat, stirring constantly.

THE GUILT-FREE GOURMET, by Vicki B Griffin, PhD, MACN; ©1999, pg 118