

ONE BITE

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Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your *New Year Party*

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Chickpea Flour Gravy

Sherri Hall

This easy vegan and gluten-free Chickpea Flour Gravy is perfect for the holidays and “whenever” days too

INGREDIENTS

- ¼ cup olive oil
- 5-6 tbsp chickpea flour (aka garbanzo bean flour) (start with 5 tablespoons and keep additional tablespoon on reserve)
- 2 ¾-3 cups gluten-free, low-sodium vegetable broth (start with 2 ¾ cups and keep ¼ cup on reserve)
- 3 tbsp gluten-free, low-sodium tamari
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp crushed, dried rosemary (I recommend using whole dried rosemary and crushing yourself either with a mortar and pestle or by breaking up with your fingers as the flavor is better this way)
- Freshly ground black pepper to taste
- Kosher salt to taste

INSTRUCTIONS

1. Combine 2 ¾ cup vegetable broth, tamari, onion powder, garlic powder and rosemary in a pourable vessel. Whisk together and set aside.
2. Then start your roux by heating olive oil in a sauce pan over medium heat. Whisk in 5 tablespoons of the chickpea flour. Keep whisking until it is smooth. It will be a golden color and have a nutty aroma. Be careful not to burn the roux. If it starts to turn brown, it's starting to burn.
3. Whisk in the vegetable broth mixture. Cook over medium-high heat, whisking consistently, until desired thickness is reached. As it reaches a boil, it will begin to thicken. If the gravy is not thick enough for your liking, whisk in more chickpea flour. If it is too thick, whisk in more broth.
4. Once the gravy has reached desired thickness, turn off the heat and stir in freshly ground black pepper and kosher salt to taste.

Sherri Hall



Sherri is one of the recipe developers behind watchlearneat.com. Watch, Learn, Eat started out as a YouTube channel in 2013 and evolved into the blog it is today in 2014. The blog features vegan, gluten-free, and allergy-friendly recipes so there's something for everyone. Sherri aims to please vegans and non-vegans alike with her delicious range of recipes.

Website: watchlearneat.com

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