

Recipe

WILD MUSHROOM MISO GRAVY

THE GOODS

- 1 lb wild mushrooms of choice
- 2 Tbsp butter
- 2 cloves garlic
- 1 cup of mushroom broth
- 1 Tbsp miso paste
- ½ cup nutritional yeast
- Salt to taste
- Pepper to taste

THE METHOD

Gather the wild mushrooms. Wash well and chop finely. To a pan add in garlic and butter. Sauté on medium until aromatic, but before butter browns. Stir in mushrooms, broth, miso paste, salt and pepper. Stir until miso dissolves and mushrooms cook well. Add nutritional yeast which will also thicken it a bit. Cook down (or add more broth) to desired thickness. Taste and salt and pepper as needed. Enjoy!

Boulder Nutrition