



Simple | Healthy | Delicious

## Vegan Gravy with Chia Seeds

### INGREDIENTS

1 tablespoon Olive Oil
½ Onion
3 tablespoons Nutritional Yeast
Celtic Sea Salt
Pepper
1 cup Vegetable Broth
2 tablespoons Raw Goodness® Chia
1 tablespoon Miso



### DIRECTIONS:

1. Sauté onion in olive oil.
2. When translucent, add 3 tablespoons nutritional yeast. Stir sauté a minute or so.
3. Add salt and pepper to taste. If you want to add curry, cumin, sage or other spices, do that now.
4. Add ½ cup vegetable broth, stir well.
5. Add 2 tablespoons Raw Goodness® Chia, stir well.
6. Turn down heat and let thicken up to 5 minutes.
7. Add miso, stir well.