

Vegan Morel Cream Sauce

Ingredients

- 3 cups of fresh morel mushrooms, cleaned and chopped into bite sized pieces
- 3 TBSP vegan butter
- 3 cloves of garlic, minced.
- 10 sage leaves
- Half an onion, diced
- 2 TBSP flour
- 2 cups of unsweetened, plain soy milk

Steps

1. Heat the butter in a large skillet. Once it has all melted add the morels and cook on medium high heat for about 6 minutes, stirring occasionally. As the mushrooms cook, the butter will change from gold to a brown-ish grey color.
2. Add the garlic, sage and onion to the mushrooms and stir. Cook for another 4 or so minutes, stirring so the garlic doesn't burn.
3. Add the flour to the pan, and stir until the flour is completely combined. Continue to cook for another 2 minutes, stirring constantly so as not to let the flour burn.
4. Pour the soy milk into the pot, stirring well. Let the sauce heat to a slow bubble, stirring to not allow it to clump. Continue cooking and stirring while the sauce thickens. After about 10 minutes it should be smooth, silky, creamy and ready to go. Season with salt and pepper and enjoy over pasta or vegetables.

