

Vegan Morel Mushroom Cream Sauce

Ingredients

- 3 cups (about 8 oz.) of fresh morel mushrooms, cleaned and chopped into bite sized pieces
- 5 TBSP vegan butter
- 3 cloves of garlic, minced.
- 10 sage leaves
- Half an onion, diced
- 3 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 sage leaves and fry until crispy. Remove the leaves and set aside.
2. Add morel mushrooms and sauté, for about 5 minutes, stirring often. Once they have released a good amount of liquid, add the onion and garlic and sauté for a couple more minutes, until fragrant.
3. Add the flour to the pan, and stir until the flour is completely combined. Cook for a minute or so, stirring so the flour doesn't burn. 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. Serve over pasta, vegetables, or as desired, with crispy sage leaves on top.

