Onion gravy







 !" # $  %



&'

()

\*+

,-. !' /$'

!-0' '/1!

).+/% 2. .-

/

342

Onion gravy







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()

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/

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**Onion gravy**

*Ingredients*:

Oil 3 tbsp (45ml)

2 medium onions, sliced

100% wholemeal flour 2 tbsp (30ml)

Vegetable stock ¾pt (450ml) eg Marigold Swiss Vegetable Vegan Bouillon powder

Red wine (optional) 2 tbsp (30ml)

Tomato purée 2 tsp (10ml)

Yeast extract 1 tsp (5ml)

*Method*:

* Heat the oil in a frying pan, add the onion and cook until golden brown. Stir in the flour and cook for 1-2 minutes, stirring all the time. Add the stock, wine, tomato purée, yeast extract. Bring to the boil, then simmer very gently for 5 minutes.
* Liquidise and serve hot.