



Sausage and Mushroom Étouffée

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper
- 1 rib celery finely chopped
- 2 cups vegetable stock
- 0.5 teaspoon basil dried
- 1 teaspoon thyme dried
- 4 cloves garlic minced
- 0.5 bell pepper green stemmed seeded finely chopped

- 4 spring onion sliced (scallions)
- 8 ounces mushrooms stemmed halved
- 1 medium onion finely chopped
- 14 ounces sausage sliced (such as Tofurky or Fauxsages)
- 0.5 teaspoon paprika smoked
- 1 teaspoon soya sauce
- 0.3 cup unbleached flour white
- 0.3 teaspoon pepper white freshly ground

Equipment

- frying pan
- blender

Directions

- Put the flour in a small skillet and heat it over medium-high heat. Cook, stirring almost constantly, until it is the color of light brown sugar, about 15 minutes. Be very careful—it burns easily if not stirred. If it burns, throw it out and start over again. When it reaches the right color, transfer it to the blender, add the broth, and blend it until smooth. Set aside. While you're stirring the flour, you can begin cooking the vegetables.
- Heat a large non-stick skillet.
- Add the onion and cook for about three minutes, adding water by the tablespoon if needed to prevent sticking.
- Add the celery and bell pepper and continue to cook until the onion is beginning to brown.
- Add the mushrooms and a tablespoon of water and cover tightly. Cook until the mushrooms begin to exude their liquid, about 3 minutes.
- Add the garlic and cook another minute. Give the flour mixture another quick whirl in the blender and add it to the vegetables.
- Add the soy sauce and all the seasonings and cook, stirring often, until sauce has thickened. Reduce heat and add the sliced sausage. Cover and cook on low for about 15 minutes, stirring occasionally. If the gravy seems too thick, add a little more vegetable broth. Check the seasonings and add more pepper and salt if needed. Stir in the green onions and serve over rice.

Nutrition Facts

PROTEIN 19.83% FAT 62.57% CARBS 17.6%

Properties

Glycemic Index:99.25, Glycemic Load:7.14, Inflammation Score:-7, Nutrition Score:16.233043266379%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 384.94kcal (19.25%), Fat: 26.88g (41.36%), Saturated Fat: 8.83g (55.21%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 14.6g (5.31%), Sugar: 4.19g (4.66%), Cholesterol: 71.44mg (23.81%), Sodium: 1200.34mg (52.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Vitamin B3: 7.15mg (35.76%), Vitamin K: 36.4µg (34.66%), Vitamin B6: 0.5mg (24.98%), Vitamin B1: 0.37mg (24.44%), Vitamin C: 19.63mg (23.8%), Vitamin B2: 0.39mg (23.22%), Phosphorus: 219.56mg (21.96%), Zinc: 2.74mg (18.3%), Potassium: 592.6mg (16.93%), Vitamin B5: 1.67mg (16.75%), Copper: 0.32mg (15.98%), Manganese: 0.31mg (15.73%), Vitamin A: 731.56IU (14.63%), Selenium: 10.15µg (14.5%), Vitamin B12: 0.87µg (14.43%), Iron: 2.39mg (13.25%), Fiber: 2.41g (9.64%), Vitamin D: 1.4µg (9.36%), Folate: 33.78µg (8.45%), Magnesium: 33.09mg (8.27%), Calcium: 47.54mg (4.75%), Vitamin E: 0.54mg (3.57%)