

Sauces and Gravies

Chunky Ratatouille Sauce

Serves 6

- 1 large eggplant, cut into 1-inch chunks
- 2 stalks celery, chopped
- 2 small onions, chopped
- 8 ounces of cremini mushrooms
- 6 cloves garlic, minced
- 1/2 cup red wine
- 1/4–1/2 cup water
- 1 teaspoon Italian seasoning
- 1/2 teaspoon thyme
- 1/2 teaspoon black pepper (add more to taste)
- 1 15-ounce can fire-roasted tomatoes

Soak eggplant chunks in salted water for 10 minutes. Drain, rinse, and drain again. Braise onion, celery, and garlic in 1/4 cup of red wine. When the vegetables are soft, add the eggplant chunks and 1/4 cup of water. Simmer, stirring occasionally, until the eggplant is soft (about 8 to 10 minutes). Add more water if necessary to keep mixture from drying out. Add mushrooms, herbs and spices, remaining wine, and tomatoes. Simmer for 5 minutes. Serve over pasta shells, brown rice, or your favorite grain.

Recipe from PCRM Weight Loss Study Cooking Demonstration; contributed by PCRM nutrition director Amy Lanou, Ph.D.

Chunky Red Lentil Tomato Sauce

Serves 8

- 1 onion, diced
- 2 to 3 cloves garlic, minced
- 1 large carrot, sliced diagonally
- 1 stalk broccoli, chopped
- 1 cup mushrooms (fresh or canned), sliced
- 1/2 cup sweet green pepper, diced
- 1 small zucchini, sliced or grated
- 1 28-ounce can stewed tomatoes, whole or diced
- 1 28-ounce can prepared tomato sauce

1 cup water
1/2 to 1 cup dried red lentils
2 tablespoons fresh basil leaves or 2 teaspoons dried basil leaves
2 tablespoons fresh oregano leaves or 2 teaspoons dried oregano leaves

Place all the ingredients in a saucepan or slow cooker, and stir.

If using the stove-top method, bring the ingredients to a boil, turn the heat down, and simmer the sauce for about 1 hour or more. If using a slow cooker, cook on low for 6 to 8 hours or on high for about 4 hours. Serve with your favorite pasta or spaghetti squash.

*From Becoming Vegetarian by Vesanto Melinda,
Brenda Davis, and Victoria Harrison.*

Garlicky Tahini Gravy

Serves 3 to 4

2 cloves garlic, minced
1 teaspoon canola or olive oil
1/2 cup tahini (sesame butter)
1/4 cup tamari or soy sauce

In a small saucepan, sauté garlic in oil. Whisk in tahini and tamari, and whisk until blended and creamy. Serve hot.

Recipe by Jennifer Brewer.

Mushrooms with Barbecue Sauce

Serves 4

1 small yellow onion, finely chopped
1/4 cup water
12 ounces button or cremini mushrooms, sliced
1/2 cup barbecue sauce

Braise onions in 1/4 cup water for 3–4 minutes. Add mushrooms and continue cooking for 4–5 more minutes. Add barbecue sauce and cook until sauce is

desired thickness. Serve over veggie burgers, potatoes, or any whole grain.

Recipe from PCRM's Nutrition and Cooking Classes for Cancer Survivors; contributed by PCRM nutrition director Amy Lanou, Ph.D

Mushroom Gravy

Serves 4 to 8

- 12 ounces button or cremini mushrooms
- 2 teaspoons olive oil
- 1–2 tablespoons soy sauce (*optional*)
- 3 tablespoons flour
- 1–2 cups vegetable stock, divided
- 1 teaspoon Italian seasoning salt and black pepper, to taste

Clean and slice mushrooms, then sauté in oil until soft (about 5 minutes). Mix flour with 1/4 cup of stock or water until smooth (whisk together in a bowl or shake it in a small plastic container with a tight fitting lid). Add remaining stock to the mushrooms along with the soy sauce and about 1/2 the flour mixture. Bring gravy to a simmer for 3 to 5 minutes, stirring regularly. If the gravy is not thick enough for your taste, add the remaining flour mixture and continue heating and stirring until it thickens. Serve immediately.