

## Salisbury Mushroom "Steaks"

- 2-cups Quick cooking oats
- 1-8oz package portobello mushrooms  
diced.
- 1/2 cup finely diced walnuts or pecans  
(optional)
- 1 Medium onion (diced)
- 1/2 cup Just Mayo or other vegan mayonnaise
- 3/4 cup bread crumbs
- 1 can (15oz) Garbanzo beans (aka chickpeas)  
(Blended)
- 1 tsp salt (or to taste)
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 TBSP soy sauce (low sodium)
- 1 TBSP Vegan Worcestershire Sauce
- 3/4 cup water

## Mushroom Gravy

- 3 tablespoons Ba (same vinegar optional)
- Thin sliced mushrooms - 8oz package
- Vegan Butter 1/4 cup
- 2 cloves of garlic
- 1/3 cup flour
- 1 large package of vegetarian vegetable stock

- ① Mix dry ingredients first then add wet ingredients and stir together
- ② In large rounded span tils make patties on heated and oiled skillet, and brown on both sides
- ③ Meanwhile, sauté thin sliced mushrooms in oil, garlic and balsamic vinegar until all liquid is absorbed.
- ④ Remove the mushrooms from pan and add the ~~began~~ butter melt, then add flour and stir constantly, slowly adding vegetable stock to make gravy. Once gravy is thickened and all vegetable stock is used, add mushrooms back in and simmer on low until all the patties are done, then serve ~~cravy~~ over patties.