
Vegan Hamburger Steak with Mushroom & Onion Gravy

Description

These days it's getting easier to have a plant based or vegan diet, which is great for the environment! This recipe takes a local favorite that isn't necessarily healthy and gives it a "halo" by using a plant based burger and adding vegetables to the gravy.

Total time: 45 min Yield: 4 to 5 servings

Ingredients

2 tsp canola or vegetable oil (divided)
6 plant-based hamburger patties (try Boca, Beyond Meat or MorningStar Farms Incogmeato)
1 medium onion (julienned)
2 cup sliced mushrooms
garlic salt & black pepper (to taste)
2 cup vegetable stock
2 tsp dried thyme
2 tsp granulated garlic
1/2 tsp ground black pepper
2 tsp parsley flakes or fresh parsley (minced)
3 Tbsp water
1 1/2 Tbsp corn starch
1/2 tsp kitchen bouquet (optional, for color)
cooked rice

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

Heat a large skillet on medium heat and add a teaspoon of oil. Place the patties in the skillet spaced out evenly. Cook for about 3 to 4 minutes on each side until internal temperature is 165 degrees. Transfer cooked patties to a plate and set aside.

Using the same skillet, add the remaining teaspoon of oil and the onions and sauté on medium heat until the onions start to look soft and slightly translucent. Then add the mushrooms and season with garlic salt and black pepper. Increase the heat to medium high and continue to sauté, cooking the mushrooms until they are just starting to get pliable (don't overcook them or they will be soggy or mushy).

In a separate medium pot, heat vegetable stock to a gentle simmer and add the thyme, granulated garlic, black pepper and parsley. Mix the water and corn starch with a whisk or fork until smooth, then slowly add to the simmering stock and whisk until you have a smooth, slightly thick gravy. Stir in the

kitchen bouquet, if using, then add the cooked onion and mushrooms, folding to combine.

To serve, place a patty on a bed of rice and spoon over some of the gravy. A little sprinkle of parsley on top will really make your dish look great!

Recipe brought to you by:

Chef Michi Holland