

Julie Daniluk
TV HOST AND NUTRITIONIST



MOTIVATE
EDUCATE
EMPOWER
HEAL



Gluten-Free Mushroom Onion Gravy

By [Julie Daniluk RHN](#)

Most people agree that gravy makes everything at your holiday dinner table taste that much better but gravy without flour? Yes! I add finely ground chia seeds to thicken my gravies.

Ingredients:

3 cups	onion, sliced
2 cloves	garlic, crushed
2 tbsp	coconut oil
2 cups	mushrooms (your choice of type)
1 tsp	pink or gray rock salt
1 L	beef or turkey or veggie broth
2 sprigs	fresh rosemary
1	bay leaf
1 tsp	ground chia seeds

Directions:

1. Sauté onions and garlic in coconut oil over medium heat for 5 minutes.
2. Add mushrooms and sauté for another few minutes.
3. Add broth, bay leaf, rosemary and salt and cook for 10-15 minutes.
4. Remove heat and add ground chia seeds and whisk well. Allow 5 minutes for the gravy to thicken. Add a bit more ground chia seed if you like your gravy thicker.
5. Transfer the gravy into a blender and puree. You can also use a hand blender but the texture will not be a smooth.

Recipe reprinted with permission by Julie Daniluk RHN and HarperCollins/
©HotDetox2016