



## Savory Vegan Turk'y Breast

### Ingredients for Turk'y

2 cup vital wheat gluten  
1/2 cup nutritional yeast  
2 tbs poultry seasoning  
2 tsp garlic powder  
2 tbsp onion powder  
a good pinch of black pepper  
2 tbsp soy sauce  
1 1/2 cup vegetable broth

### Preparation

Mix all ingredients together slowly in a stand mixer.  
Roll out and kneed mixture  
Roll into a log shape and wrap with saran wrap  
Place in large pan and cover with vegetable broth.  
Cook on low heat until broth boils  
Turn off heat and let simmer

## Vegan Gravy

### Ingredients

2 cups vegetable broth  
3/4 teaspoon onion powder  
3 tablespoons nutritional yeast  
1 tablespoon soy sauce (or use tamari for gluten free)  
1/2 teaspoon Dijon mustard  
1/4 cup all-purpose flour (or use brown rice flour for gluten free)

### Instructions

Add all ingredients to a medium sized pot and bring to a boil.  
Whisk over medium-high heat for a couple of minutes, until the gravy thickens.  
Serve with mashed potatoes! This gravy keeps well for up to a week in the fridge. Just re-warm, add a little water if too thick, stir and serve.