

GOOD SAINT

Danksgiving Cannabis Infused Gravy

INGREDIENTS

2 tablespoons infused vegan butter or oil
1/4 cup flour (AP or WW)
2 cups vegetable broth
1 teaspoon miso paste
1/4 teaspoon onion powder
1/4 teaspoon ground pepper

DIRECTIONS

In a small cast iron pan (or sauce pan, but we like the flavor and the way the butter browns a bit more in cast iron) melt the infused butter or oil over medium heat. Once melted, stir in the flour. The mixture will be chunky.

Stir and let brown for 1-2 minutes, then pour in vegetable broth, miso paste, onion powder and pepper. Whisk vigorously until completely combined. Continue to cook over medium heat, stirring occasionally for 3-4 minutes, until the mixture is bubbling and thickening.

Turn the heat to low and simmer a few more minutes, until your desired gravy thickness is achieved. Serve immediately!

NOTES

Makes about 2 cups.

If you don't have flour/ want to keep it GF, you can substitute cornstarch. Start with an equal amount and use more to thicken as needed.

Leftovers can be refrigerated up to a week in an airtight container.

Adding more or less infused butter/oil will affect the dosage. Pay attention to your dose and note that this recipe is meant for MICRO DOSING, i.e. you take in 10 mg of THC or less in a sitting.

