Breaded Soy with Vegetarian “Chicken” Gravy.

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 Tbsp Earth Balance Soy Butter
- 1 Tbsp corstarch
- 1/2 cup of soy milk
- 3/4 cup of Veggie "Chicken" Broth.
- 1/4 cup of textured vegetable protein
- 1/4 of hot water
- 1 tsp salt
- generous amount of fresh ground pepper
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp of lemon juice.
- 1/2 tsp of red pepper flakes
- 1 breaded soy patty. (commercial variety).
- 1/2 a biscuit or hamburger bun.

Instructions

- In a medium saucepan make a roux with the cornstarch and soy butter.
- Make sure that the roux is well blended together.
- Add soy milk and Veggie "Chicken" Broth.
- Once the gravy is thickened, turn heat down to low.
- boil the water needed for the TVP.
- In a small bowl add the TVP and the boiled water and let sit for about five minutes.
- Add to the Gravy, the salt, pepper, thyme, rosemary and lemon juice and red pepper flakes

- After the TVP has sat for the five minutes, fluff with a fork and add to the gravy and cook for another 10-12 minutes.
- In a skillet, cook the breaded soy according to package directions.

- On a plate, place breaded soy on the bun and spoon any amount of gravy that suits your own taste.

- Enjoy!