



McDougall Newsletter

Volume 7 Issue 06

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**A Posthumous Interview
by Tim Russert, Former Host of Meet the Press
with John McDougall, MD**

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Report on the Celebrity Chef Weekend of June 27 to 29, 2008

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Francine Koffman, MD - Diabetes: A Global Epidemic

Doug Lisle, PhD - The Psychology of Success Forces

**Details and
Schedule**

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A Posthumous Interview by Tim Russert, Former Host of Meet the Press with John McDougall, MD

McDougall: Thank you for visiting me in my office in Santa Rosa, California under these supernatural circumstances. I am so sorry about your untimely death from a heart attack on June 13, 2008. I read that your end was quick, and hopefully, painless.

I am honored that you requested this interview. You are known for your hard-hitting questions and for demanding truthful and plain-spoken explanations from your guests.

Russert: The reason I am here is I have been gone for more than 2 weeks now, yet doctors, scientists, and the media, all seem baffled about the cause of my death. I have listened to the evening news and talk shows, read the newspapers and weekly magazines, and searched the Internet—but why my life was suddenly taken in my professional prime, at age 58, remains unanswered. In fact, my colleagues, who are the some of the best investigative reporters in the world, aren't even asking the right questions – so here I am.

I picked you to talk to, Dr. McDougall, because you are known as a “no non-sense doctor,” who speaks the truth regardless of the economic consequences. In fact in the media business you are considered politically incorrect, and occasionally referred to as abrupt, and difficult, but always honest.

McDougall: Well, thank you, I guess, for those words. So how's “life” in Heaven?

Russert: Not bad except the food's terrible. Nothing but rice, potatoes, beans, corn, fruits and vegetables. Everything's bland, but they say I'll get used to it.

When I was alive I loved to eat. As a child I ate hearty: the butcher, I recall, had a display case that perfectly evoked Buffalo's (New York) version of multiculturalism and good health, full of pork neck bone, smoked pork neck bone, jellied tongue, Polish bacon, slab bacon, double smoked hunter bacon, German-style wieners, Italian sausage, pork roll sausage, hot or mild beef sausage, barley sausage, beer sausage, double smoked hunter bacon . . . chopped ham, smoked hocks, turkey gizzards, smoked turkey parts, chicken feet, chicken liver, chicken fat, fresh ox tails, and ribs of every [type](#). Boy did I like to eat at those tailgates. I used to fly in wings, Buffalo wings, from Frank and Teresa's in Buffalo because people in Boston couldn't do a good [wing](#). I miss my diet coke and licorice, “the breakfast of champions.” It was my secret for staying up all night and [alert](#).

McDougall: And you say no one has figured out why you died of a heart attack? One look in the mirror should have given you a clue there was something wrong with your diet and you were at risk. For centuries feasting like a king and a queen has caused people to become rotund and sick—why would you be any different?

Russert: My doctors did mention I should eat better, but they never were specific about what to eat. Mostly, they focused on overworking myself. Even if I ate better, don't you think all that stress I was under would have killed me?

McDougall: Stress is largely used as a scapegoat. It is non-tangible—so obscure that no one has the ability to change it, so it can be easily dismissed. Besides, you loved every minute of your challenging job. Take that excitement away from you and your life would have not been worth living. Stress, in itself, is not a toxin to the body. It is a normal natural part of life. It is a motivator to cause us to get things done and problems



resolved. The major way that stress hurt you was by causing you to eat more fried chicken wings.

Consider that in times of unthinkable mental and emotional strain; like during the occupation of Western Europe by the Germans throughout World War II, people became healthier—heart disease and overweight (two of your most notable problems)—essentially disappeared. People during these war years were being incarcerated, killed, and displaced from their homes and families, yet at the same time common diseases were vanishing. The reason for all this improved health was the forced change in their foods—the butter, cheese, and meat were no longer readily available during the war years in Western Europe. People had to eat vegetables.

Russert: I had no chest pains, no previous symptoms of heart trouble. I thought I was healthy. How could such a catastrophe happen so suddenly to me without any warning?

McDougall: A tiny plaque ruptured in an artery, your left anterior descending coronary [artery](#).

That is the one that supplied the front of your heart. Think of this plaque as a “festering sore,” or as an inflamed “pimple” filled with fat, cholesterol, and white blood cells. When a plaque ruptures, “products of injury” are released. The response to injury that follows causes the blood flowing inside the artery to suddenly clot—just like when you cut your finger, a clot forms around that injury. In your case the blood clot completely plugged your artery lumen, the blockage suffocating the heart muscle it had once supplied. As the muscle died your heart became an ineffective pump and you died. According to your autopsy report, your entire blood vessel system was in serious trouble—filled with atherosclerosis containing probably thousands of tiny volatile plaques. You were a walking time bomb.

Pharmaceutical companies, like the makers of the blood-thinning drug Plavix, have produced animated [vid-eos](#) for the consumer that show this plaque rupture and clot formation. Youtube also has a shocking animation of this [event](#).

Knowing about volatile plaque rupture and clot formation is essential to understanding how your diet caused your death, why the drugs did not save you, and why more aggressive treatment with heart surgery would have been unwise and unhelpful. So take some time to look at these animations.

The reason you had no warning was because there are no pain-sensing nerves in the arteries—thus, there was no feeling from the festering sores invading these tissues. This is a completely silent disease. However, the heart muscle has nerves and when it is injured the pain is often described as an elephant sitting on your chest. I hope you didn't feel that kind of pain in your final minutes.

Russert: I ate a well-balanced diet. I ate no worse than a lot of people. I don't understand. Why me?

McDougall: You ate the American diet, and these days most Americans over the age of thirty have outward signs of illness—they are overweight, on medication, and/or have elevated risk factors for future illness.

Why you? You were not singled out—1.2 million other Americans also have heart attacks annually, and half of them, like you, never realized they had a problem beforehand. Furthermore, half of heart attack victims die within a few hours—this is not a forgiving disease. Based on what you told me, it appears you ate meat, and other rich foods, with extraordinary enthusiasm.

Your sick arteries were caused by malnutrition. A deficiency of proper nutrients from plants weakened your arteries. Your diet was almost devoid of vegetables and fruits. At the same time, toxic substances, like oxidized cholesterol and saturated fat, from the all the animal foods you ate damaged your arteries. Think of pouring corrosive acid on your inner artery surfaces at breakfast, lunch and dinner. The result: thousands of volatile plaques, as small as the size of a pinhead; yet the explosion of just one of them took down a giant of a man like you, Mr. Russert.

Russert: But my doctors said I was a medical success: my blood pressure and cholesterol were well controlled for more than 20 years with medication. My last blood pressure was normal at 120/80 mmHg. My total and “bad” LDL cholesterol and C-reactive protein were all normal. I was near perfect—on paper!

McDougall: People (even doctors) falsely believe that the elevated blood pressure and cholesterol are damaging the arteries and the total solution is to knock these numbers down with drugs. In plain-spoken truth, these elevated numbers are not the problem. No one dies of high blood pressure or cholesterol. These were “signs” pointing to the real problem—your rotten arteries filled with festering sores. But no one was paying enough attention to your underlying disease, as was so clearly demonstrated by your fatal outcome, Mr. Russert. Millions of “well-treated” Americans suffer a fate similar to yours, and we accept this as “the best medicine can offer.”

Doctors and drug companies treat signs of disease, the blood pressure and cholesterol numbers, also known as risk factors, with highly profitable medications, *because they can* – they do sell expensive pills that reduce these signs. They do not treat the underlying sickness, *because they can't* – the only way to fix those rotten arteries is by correcting the malnutrition with a diet based on whole starches, vegetables, and fruits.

Russert: Many doctors now say, after I'm dead, that I should have been treated more aggressively, like with heart surgery? But I had a negative stress test April 29, one and a half months before I died.

McDougall: “More treatment” seems to be the answer given for every medical problem; even when those very same treatments kill the patient. The families feel: “The doctors did everything possible – my loved one got every surgery and pill they could possibly prescribe.” The doctors talk of “sound medical care.”

Medical experts who have suggested that you should have had an angiogram followed by angioplasty, and/or bypass surgery before you died are ignoring the dismal scientific records for these treatments. Angioplasty has never been shown to save lives and the benefits from bypass surgery are only slightly better, maybe. The reason for this failure is obvious to you now that you understand the underlying cause of your heart attack – the tiny volatile plaques – the festering pustules – the pimples on the verge of popping. These killers are so small you cannot even see them with an angiogram, much less eliminate their threat with a localized surgery.

The angiograms show shadows of large bulges inside the arteries. These are the old, large, fibrous, calcified plaques—disease that is as stable as a rock. These bulges do not rupture, they do not cause a blood clot to suddenly form inside the artery, and they do not cause a heart attack. They are non-lethal. But because of their visible prominence they do lend themselves to surgery. So why do cardiologists and surgeons operate on this stable disease? *Because they can*. Why do they not fix the pinhead-size killing pustules? *Because they can't*. At least they can't with drugs and surgery. *But they could*, if they seriously considered their patients' diets.

A stress test will only detect very large blockages—maybe after a hard, fibrous plaque narrows 70% of the artery. Based on your recent negative results, you had none of these big ones. Now you understand—this test is too insensitive to identify the tiny potentially lethal pustules lining your arteries. The stress test provided you and your family with false reassurance. I hope you didn't have a celebration feast after hearing the results.

Russert: I exercised 40 minutes a day on my stationary bike. Why didn't that save me?

McDougall: Exercise does not heal the inner-artery festering sores caused by your meat-centered diet. Exercise can aid in developing a trim muscular appearance and has some health benefits, but it has been over-rated when it comes to warding off premature death. People have said exercise is such a powerful preventative that if you ran a marathon race you would be immune from heart disease. Jim Fixx, author of *The Complete Book of Running* and the person credited with helping start America's fitness revolution died at age 52 from a heart attack after his daily run. Cemeteries are filled with young men and women who put too much faith in exercise—ignoring the prevailing role of food.

Russert: Could I have been saved?

McDougall: I believe so. Even as late as a week before you died, you could have avoided this tragedy if you had made a serious change in your diet. Within hours your volatile plaques would have begun to quiet down, reducing their tendency to rupture. As soon as you had eliminated the animal (saturated) fat from your diet

your blood would have "thinned." Then, even if a plaque had ruptured, the risk of forming an occluding clot would have greatly diminished. Saturated fat makes the blood platelets sticky and the blood-clotting proteins very active—all leading to the easy production of a deadly blood clot. Over the following weeks and months of healthful eating your diseased arteries would have healed, with some measurable reversal of the gross plaque. With the same diet you would have lost weight, and lowered your risk factors. Likely, I would have recommended you stop your blood pressure medication immediately; and overtime, reduce and eliminate your cholesterol-lowering statin.

With this simple change you would have regained your lost health and appearance. But the determining factor was not whether a healthy diet would have saved your life over the short and long run. The question is: even if you had known better, would you have changed?

Russert: I would have eaten cardboard to be alive and with my wife and son. I looked forward to every Sunday to my show "Meet the Press," and the upcoming presidential election. I loved life!

McDougall: That's what everybody says—after an event.

But change is difficult and we have a natural tendency to feel invincible. Sometimes a life-threatening event will wake people up. Unfortunately, you were not given a second chance. If instead, you had suffered a non-fatal heart attack on Friday, June 13, I believe, as one of the world's top investigative journalists, you would have tracked down that killer.

What amazes me is that over the past two weeks none of your colleagues have asked the tough questions and demanded truthful and plain-spoken explanations from doctors and scientists. The published scientific research is clear about the cause of your death. Your best friend, Tom Brokaw, could solve this crime in an afternoon by reading this research at the local medical library.

But then the hard part would be writing an unpopular story about how the food everybody loves to eat is killing them, and how the quick-fix medications and surgeries don't really work that well. I'm certain the food and pharmaceutical sponsors of newspapers, magazines, and evening news programs would not be pleased with these truths either.

If you still have any influence on current events on earth, please get the media to do their job and seriously investigate the diet that killed you, and how modern medicine failed you, so that others can have a chance to avoid a similar fate. If any good could come of your untimely death, it would be that people learn the truth—after all, isn't that the duty of responsible journalists, like yourself?

Report on the Celebrity Chef Weekend of June 27 to 29, 2008

Nearly 100 people attended the third annual celebrity chef weekend. They ate and they ate as expert chefs from around the country dished out humor, education, and their most cherished dishes. The food was all low-fat vegan. How very interesting and friendly the people are who attend our conferences, and how much they can eat without gaining an ounce of weight always surprise us.

Look in this month's newsletter recipe section and the months that follow for recipe contributions from each of our celebrity chefs.

View the slide show of this [event](#)

Photos by Scott Hurlbert.

Celebrity Chef 2008 Recipes

Kevin Dunn

Tempeh Reuben Sandwich with Whole Grain Mustard Cheese

Baked Eggplant Tian

Lasagna alla Bolognese

Shabu Shabu with Marinated Tofu and vegetables

Ishi Yaki-Grilled on a Rock

Miso Soup

Cucumber and Wakame Seaweed Salad

Bryanna Clark Grogan

Chai-Spiced Oat Crepes with Grilled Nectarines and Almond Ricotta

Italian Scrapple (Polenta, Bean and Kale Slices) with Brown Gravy

Crispy White Bean and Oat Waffles with Banana and Strawberry Topping

Orange-Rosemary White Bean Pot

Sundried Tomato Polenta Rounds with Braised Kale, Onions, Beans and Mushrooms

Red Lentil, Bulgur, and Dried Fruit Salad Rolls with Creamy Basil and Garlic Dressing

Hummus, re-visited

Eric Tucker

Gazpacho Verde

Vietnamese Tofu Shiitake and Rice Stuffed Grape Leaves

Baby Artichokes, Gigante Beans and Summer Vegetable Cartoccio with Creamy Polenta

Miyoko Schinner

Chilled Ginger Yuba Chikin

Creamy Japanese Sesame Dressing

Fat-Free Karei-Rice

Jellied Peach Jewels

Fresh Figs Stewed in Red Wine

Colleen Patrick-Goudreau

Muhammara (Roasted Red Pepper and Walnut Spread)

Spicy Southwestern Tofu Burgers

No-Bake Chocolate Peanut Butter Pie

Jill Nussinow

Mexican-Spiced Summer Squash

Sparkling Jewel Salad

Braised Sesame Ginger Mushrooms

Middle Eastern Garbanzo Salad

Susan Voisin

Easy Macaroni and Cheeze

Smoky Refried Bean Soup

Skillet Gardener's Pie

Banana Coffee Cake

Mary McDougall

Tofu Tacos

McVeggie Burgers

Potato Salad

Baked Beans



Featured Recipes

Layered Bean Casserole

This recipe was originally posted on the McDougall Discussion Board several years ago. I have modified it slightly for taste and convenience. I really like recipes that can be prepared ahead and then popped into the oven just before dinner.

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Servings: 6

Preheat oven to 375 degrees.

Bottom layer:

- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can red or pinto beans, drained and rinsed
- 1 15 ounce can chili beans in oil-free sauce, undrained
- 1 8 ounce can tomato sauce
- 1 cup frozen corn kernels, thawed slightly
- ¼ cup chopped onion
- 2 teaspoons chili powder

Mix all above ingredients together and ladle into the bottom of a 9 x 13 inch baking dish, distributing evenly.

Middle layer:

- 1 15 ounce can white beans, drained and rinsed
- ½ cup fresh salsa
- 1/3 cup nutritional yeast
- 2 tablespoons lemon juice
- 1 teaspoon granulated onion
- 1 teaspoon prepared yellow mustard

Place all above ingredients in a food processor and process until very smooth. Pour over the bean layer and spread evenly.

Top layer:

- 1 20 ounce bag fresh shredded oil-free hash brown potatoes

Sprinkle the potatoes evenly over the bottom two layers. Bake uncovered for 45 minutes until potatoes are brown and sauce is bubbly.

Hints: Serve with hot sauce to drizzle over the top for more heat, or serve with tofu sour cream to mellow it out a bit.

Quick Steel-Cut Oats with Blueberry Topping

Steel-cut oats are a very healthy and delicious breakfast cereal, always very popular during the McDougall 10-day live-in program. However, they do take a long time to cook so I always recommend that they be soaked overnight to cut the cooking time down to about 10 minutes. This is a variation of the recipe for Overnight Steel-Cut Oats from the March 2006 newsletter. The blueberry topping can be made ahead of time and kept in the refrigerator.

Preparation Time: 10 minutes

Soaking Time: Overnight

Cooking Time: 10 minutes

Servings: 2

Oats:

2 ½ cups water

1 cup steel-cut oats

Pinch of cinnamon or mace, if desired

Topping:

1 cup blueberries

1/8 cup agave nectar

Place the water in a saucepan and bring to a boil. Stir in the oats and cinnamon or mace, if using. Turn off heat, cover and let rest overnight. In the morning, mix well, add a bit more water or some non-dairy milk of your choice if too thick. Cover and simmer over low heat for about 10 minutes, stirring occasionally. Serve with a small amount of the blueberry topping over the cereal.

Topping:

Place the blueberries and agave nectar in a small saucepan. Cook over low heat until blueberries soften into a syrup, stirring occasionally. Remove from heat and let rest for 5 minutes, or cool and refrigerate until ready to use. Serve warm or chilled over the oats.

Rice and Beans

Some days we are in the mood for a simple, healthy, rice and bean meal. This delicious dish cooks in one pot, has lots of flavor and can be eaten plain, topped with salsa or hot sauce, or rolled up in a tortilla.

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Servings: 8-10

1 onion, chopped

2 cloves garlic, minced

¼ cup vegetable broth

4 ½ cups water

2 cups long grain brown rice

3 15 ounce cans pinto beans, drained and rinsed

2 4 ounce cans chopped green chilies

1 teaspoon ground cumin

¼ to ½ teaspoon red pepper flakes

Place the onion, garlic and vegetable broth in a large saucepan. Cook, stirring frequently, until onion softens slightly, about 3 minutes. Add the remaining ingredients, mix well and bring to a boil. Reduce heat, cover and simmer for about 45 minutes until rice is tender and liquid has been absorbed. Mix gently before serving. Season with a bit of sea salt before serving, if desired.

Hint: This may also be made with black or small red beans. This makes great leftovers for lunch the next day or two, or freeze half of this recipe for use later.

Hummus Wraps

By Heather McDougall

This is a fast, delicious, no-cook meal for those hot summer nights during the next couple of months.

Preparation Time: 10 minutes

Servings: variable

Spinach Tortillas
Hummus (store-bought no-oil variety, or make your own)
Shredded Carrots
Kalamata Olives, chopped
Pickled Sweet Peppers, chopped
Alfalfa Sprouts
Cucumber, diced
Avocado, diced
Lettuce, Shredded
Sriracha Hot Sauce

Prepare all the vegetables ahead of time and place in individual bowls. Let each person assemble their own wrap, placing a line of the hummus down the center of the tortilla, and then layering on their choice of vegetables and hot sauce, if desired. Roll up and eat!

The following recipes are just a few of the delicious, creative dishes demonstrated during the McDougall Celebrity Chef weekend held June 27-29, 2008 at the Flamingo Resort Hotel in Santa Rosa, CA.

Fat-Free Karei-Rice (Japanese-style Curry Rice)

By Miyoko Schinner

Serve over brown rice.

2 large onions, sliced or minced
Water for sautéing
2 to 6 tablespoons Japanese curry powder
4 cups vegetable stock
1 apple, peeled and grated into a fine pulp
3 – 4 tablespoons soy sauce
2 tablespoons Agave or sweetener of choice
2 cups cubed waxy potatoes
2 carrots, sliced
2 cups of additional vegetables or meat substitute of choice (mushrooms, broccoli florets, extra-firm tofu, etc.)
½ cup rice (uncooked)
1/4 cup soy milk

In a heavy-bottom sauce pan, saute the onions in a small amount of water, covered, until tender. Add the curry powder, stir to combine, then add the stock, apple, soy sauce, sweetener of choice and vegetables. Partly cover and simmer until the vegetables are tender.

Next, carefully, drain the liquid in the pot into another pot. Add the uncooked rice, cover, and simmer on low until the grains are tender, about 15 minutes. Place in a blender and blend until thick, creamy and velvety. Pour back into the larger pot with the vegetables, add the soy milk, and reheat for a few minutes. Adjust seasoning if necessary. Serve over hot brown rice.

Mexican-Spiced Summer Squash

By Jill Nussinow, The Veggie Queen

Serves 4

Squash so easily takes on the flavors of any spices that you use. Here it is seasoned with oregano, cumin and chili powder, plus onion and garlic.

1 cup diced onion
2 cloves garlic, minced
1 teaspoon cumin powder

½ teaspoon oregano
1 ½ teaspoons chili powder
4 cups sliced squash
2 tablespoons vegetable broth
Sprinkle of salt and pepper, to taste
Chopped cilantro, if desired.

Put the pressure cooker over medium heat. Add the onion and sauté for 1 minute. Add the garlic and spices and sauté for another 30 seconds. Add the squash and vegetable broth and lock on the lid. Turn up the heat to high and bring to high pressure. Cook for 45 seconds. Quick release the pressure. Open the lid, tilting it away from you. Taste, carefully as it is very hot, and add more seasonings, and salt and pepper to taste. Serve hot, sprinkled with cilantro, if desired.

Bryanna's Italian Polenta, Bean, and Kale Slices

By Bryanna Clark Grogan

Serves 6

This is a sort of "Italian Scrapple" ("scrapple" is an old-fashioned Pennsylvania Dutch dish made from cornmeal and pork scraps). Both are cooled until solid, then sliced and browned. Scrapple is served with applesauce or syrup, but this dish is served with freshly-ground black pepper and gravy, or marinara sauce, or even ketchup, with the option of a sprinkling of soy parmesan. This dish is not only nutritious, but delicious. It's a good way to use leftover plain cooked beans. Note: Make this the day before you are going to serve it.

1/2 pound kale, cleaned, stripped off the stalks, and chopped
3 cups vegetarian broth (I recommend Seitenbacher Vegetable Broth & Seasoning OR Superior Touch "Better than Bouillon" No Chicken Base.)
2 cloves garlic, chopped
1 1/2 cup cooked or canned (15 ounces) pinto, borlotti, or cranberry beans, rinsed and drained
1/2 cup yellow cornmeal or polenta
1/2 cup cold water
1/2 teaspoon salt, or to taste
Freshly ground black pepper

Serve with:

freshly-ground black pepper

Fat-Free Vegan Brown Gravy (made with Oat and Chickpea Flours) (see separate recipe)

OR

fat-free, low-sodium marinara sauce (simple Italian tomato sauce) and Vegan Soy Parmesan (optional)

OR

Ketchup

Cook the kale and garlic together with the broth in a covered pan over medium-low heat until just tender. Drain and save 1 and 1/2 cups of the remaining broth. Set aside both, along with the drained beans.

To cook the polenta, you have two options:

The Double-Boiler Method:

Mix the cornmeal with the cold water in the top of the double boiler. Add the 1 and 1/2 cups warm reserved broth and stir well. Set the bottom of the double boiler to boil with water in it. Place the top of the double boiler over high heat and bring the cornmeal and broth to a boil quickly, stirring almost constantly with a whisk or wooden spoon, to prevent sticking and clumping.

Immediately when it boils, place it over the bottom part of the double boiler, over the simmering water. Let it simmer 20 minutes, partially covered, and stirring now and then, until the polenta is creamy and smooth.

Taste the polenta when you think it's done and make sure that it doesn't have that rather unpleasant bitter taste of undercooked cornmeal. If it does, let it cook a little longer.

The Microwave Method:

Whisk the cornmeal and cold water together in a large microwavable bowl or casserole. Stir in the warm re-served broth. Cover and cook on full power for 1 minute. Whisk the polenta. Cover again and cook 1 minute more. Whisk again. Cover and cook again for 2 minutes more. If it doesn't seem cooked enough (remember that this is a soft polenta), cook 2 more minutes. Let it stand 1 minute. (Taste the polenta and make sure that it doesn't have that rather unpleasant bitter taste of undercooked cornmeal. If it does, let it cook a little longer.)

Whichever way you cook the polenta, proceed as follows:

Pour the cooked, drained beans, kale, and salt into the polenta. Taste for salt and pepper. Stir very well, to distribute the polenta throughout the beans and kale.

Scrape the mixture immediately into a 9 x 5" loaf pan lined on the bottom with cooking parchment and smooth the top evenly. Cover and chill (even for several days).

When the loaf is firm, loosen the sides with a table knife and turn over on a plate. Remove the cooking parchment. Slice 3/4" slices from the loaf. Place the slices on a cooking-parchment-lined cookie sheet.

Broil them 3 to 4" from the heat source until the tops are speckled with browned spots. Turn the slices over and broil the other side.

Serve hot with freshly-ground pepper, and gravy; or ketchup; or hot marinara sauce and soy Parmesan (optional).

Bryanna's Fat Free Vegan Brown Gravy

By Bryanna Clark Grogan

This fat-free and delicious brown gravy will become a low-fat staple. 1 serving= 1/4 cup

Serves 10

1/3 cup nutritional yeast flakes
2 tablespoons oat flour (grind rolled or quick oats in a dry blender or electric coffee/spice mill)
4 tablespoons chickpea flour (besan)
2 tablespoons soy sauce
2 1/2 cups water
1/2 teaspoon salt
a few shakes of gravy browner, such as Kitchen Bouquet (optional)

"Ham" Gravy Variation:

Add 1/2 tablespoon ketchup, 1/2 tablespoon brown sugar, and 1/4 teaspoon liquid smoke

In a heavy saucepan over high heat, whisk the yeast and flour together until it smells toasty. Off the heat, whisk in the water, soy sauce, salt, and gravy browner, if using. Stir constantly over high heat until it thickens and comes to a boil. Reduce the heat and simmer for 2-5 minutes. This can be made ahead and re-heated.

Microwave option:

In a 1 1/2 qt. microwavable bowl, mix the flour and yeast. Toast this in the microwave on full power for 3 minutes, uncovered. Whisk in the water, soy sauce, salt, and gravy browner, if using. Cover and cook on full power for 3 minutes. Whisk. Cover and cook again for 3 minutes on full power. Whisk. Note: You can make half the recipe in a 4-cup microwavable glass measuring container, and cook as above, but in 2 minute

increments.

Variations:

You can use some wine instead of some of the water, if you like, and you can add steam-fried mushrooms, onions, vegetarian "hamburger crumbles" and other vegetarian meat alternates, if you wish.