**Vegetable Gravy**

1 tbsp. ghee, coconut oil, lard, duck fat, extra virgin olive oil

1 onion or leek, sliced

1/4 head cauliflower, cut into florets or 2 sticks of celery

Garlic cloves to taste (steam with cauliflower or celery)

1 cup plain boiled water

Seasoning to taste e.g. salt, pepper, chicken seasoning, rosemary, thyme etc.

Heat the oil/ghee over medium heat in a saucepan. Add the onion and some salt to season. Cook the onions until deep brown, soft, and caramelized, stirring often. It will take about 15 minutes.

While onion is cooking, prepare the cauliflower or celery. Steam the cauliflower florets or celery until tender. Drain well. You can also steam some other vegetables with the cauliflower e.g. carrots, parsnips, butternut squash etc. to give a sweeter taste

Puree the cauliflower or celery (and the other vegetables if applicable) with the caramelized onion and 1 cup plain boiled water. If gravy is too thick, add more water. Taste and add more seasoning (e.g. chicken seasoning) as required. Heat up on the stove and serve

If cooking in a soup maker, place all the ingredients into the jug and cook on a soup setting for approximately 25 minutes.

Makes about 2 cups.