

# MARINADES-SAUCE-GRAVY

A collection of simple to mix together marinades, sauces and even a gravy to compliment every meal



## Simple Marinade

¼ C Olive Oil  
2 T Lemon Juice  
1 T Maple Syrup  
½ tsp Onion & Garlic Powder  
1 tsp Dijon Mustard  
Salt & Pepper To Taste



## Asian Marinade

¼ C Olive Oil  
3 T Soy Sauce  
1 T Minced Garlic  
½ tsp Ground Ginger  
1 tsp Dried Minced Onion



## Shawarma Spice

*Dried Mix for Roasted Chickpeas*  
½ tsp Each: Pepper, Garlic Powder, Allspice  
¼ tsp Each: Cinnamon, Cloves, Nutmeg, Chili, Oregano



## Avocado Crema

*Combine to in Food Processor:*  
1 Avocado, 1 T Lemon Juice  
2 tsp Minced Garlic  
¼ C Fresh Parsley  
2 T Olive Oil  
Salt & Pepper



## Peanut Sauce

¾ C Smooth Peanut Butter, ½ C Soy Sauce, ¼ C Rice Vinegar, 2 T Brown Sugar, 2 T Olive Oil, 1 tsp Ground Ginger & Dash Chili Powder, Water (as needed to thin)



## Tahini Sauce

¼ C Tahini  
1 T Lemon Juice  
1 tsp Dried Dill  
1 T Minced Garlic  
Salt & Pepper  
v-Milk (or Water) to thin



## Horseradi-Mayo

2/3 C v-Mayo  
1/3 C Prepared Horseradish Mix together and add more horseradish to taste



## Sriracha Mayo

½ C v-Mayo, 1 T Sriracha, ½ tsp Lemon Juice, ½ tsp Apple Cider Vinegar, 1 tsp Garlic Powder, Salt



## Tzatziki

1 Cucumber (*grate & drained*)  
5-ish oz v-Yogurt (plain)  
½ T Lemon Juice  
1 tsp Garlic Powder  
1.5 T Dried Dill  
Salt to Taste



## Simple v-Gravy

2 C Veg Broth, 1 tsp Onion & Garlic & Poultry Powders, 2 T Nutritional Yeast, 1 T Soy Sauce, 1/4 C Flour, Salt & Pepper Whisk together in saucepan & cook about 5 min to thicken

*\*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

Printable Meal Guides

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