A LA KING SAUCE

*Serve over whole grain toast, brown rice, baked potato, or pasta.*

Servings: 4

Preparation Time: 20 minutes

Cooking Time: 30 minutes

1 yellow onion, chopped

1 green pepper, chopped

½ pound fresh mushrooms, cleaned and sliced

1 stalk celery, sliced

1 8-ounce can sliced water chestnuts

½ cup frozen peas

1 cup water

½ cup whole wheat flour

3 cups low-fat soy milk or rice milk

1 2-ounce jar diced pimientos

1/8 teaspoon ground white pepper

2 tablespoons low-sodium soy sauce

2 tablespoon Worcestershire sauce

2 tablespoons cornstarch or arrowroot

¼ cup cold water

In a large pan, cook the onion, green pepper, mushrooms, celery, water chestnuts, and peas, in water for 10 minutes. Stir in the flour and continue to cook for a few minutes, stirring constantly. Slowly add the milk, while stirring. Cook, stirring frequently, until the mixture boils. Stir in the pimientos. Add the white pepper, soy sauce, and Worcestershire sauce. Mix the cornstarch or arrowroot in the cold water. Gradually add to the pan while stirring. Cook and stir until mixture boils and thickens.

*From The McDougal Program, 12 Days to Dynamic Health by John A McDougall, MD*