



It's all Gravy Baby

This is honestly so simple that you're going to facepalm yourself

One of the most frequently requested sauces that I've been asked for that has always puzzled me, because honestly... it's really easy to make, is Gravy. Everyone always says that they miss gravy. I think it's because we're all so used to HAVING to make it 1 certain way, because "that's just how you make it." Get all of the fatty drippings from cooked meat, add a bunch of butter, or cream, or milk, with a garbage can full of flour used to thicken it. Why?!?! There's a really simple formula to make a low point gravy. Heat X amount of liquid, with Y amount of cornstarch, then you end up with Z amount of low point gravy. Its' easy and lower in points and calories.

Ingredients:

- 2 cups fat free chicken broth (see notes)
- 2 Tbsp PLUS 2 tsp cornstarch, stirred into the broth, till dissolved.
- 1/8 tsp black pepper
- salt to taste
- additional herbs or seasonings, as desired.

Serving Info.:

Yields: 1-3/4 cups
Servings: 7
Serving Size: 1/4 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Add all of the ingredients into a small sauce pot and stir till the cornstarch is dissolved completely.
2. Bring the mixture to a boil, over medium heat.
3. Reduce the heat and cook, uncovered, at a low boil for 4-5 minutes, or until the gravy begins to thicken to your desired consistency.
4. Remove from heat, season with additional salt and pepper, if desired. Pour into a dish and allow to cool for 5 minutes prior to serving. The gravy will continue to thicken slightly, as it cools.

Notes:

- You can easily double or triple this recipe to make a big ol' barrel of gravy and as long as you follow the formula for liquid to cornstarch ratio, it'll work just fine. However, adjust your points.
- You can use fat free beef broth, in place of my chicken broth, to make a beef gravy. However, it will add 1 ingredient point to the recipe.

