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Healthified Gravy

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Ingredients

2 cup(s) broth, chicken, less sodium
1 small onion(s)
1 medium carrot(s)
1 stalk(s) celery
1/2 cup(s) water
1 teaspoon soy sauce, less sodium
1/4 cup(s) flour, all-purpose
1 dash(es) poultry seasoning

Preparation

1. In 2-quart saucepan, heat broth, onion, carrot and celery to boiling; reduce heat. Cover; simmer 15 minutes. Pour broth through strainer, pressing vegetables lightly to extract juice. Return broth to saucepan; discard vegetables.
2. In small bowl, stir water, soy sauce, flour and poultry seasoning with wire whisk until smooth. Gradually stir flour mixture into broth in saucepan. Heat to boiling. Cook about 1 minute, stirring constantly, until thick and bubbly. High Altitude (3500-6500 ft): In step 2, heat to boiling. Cook 2 to 3 minutes.



Quick Info:

 8 Servings

 Contains Wheat/Gluten

Nutritional Info (Per serving):

Calories: 20, Saturated Fat: 0g, Sodium: 160mg, Dietary Fiber: 0g, Total Fat: 0g, Carbs: 3g, Cholesterol: 0mg, Protein: 1g

Recipe Source:



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