



All-Purpose Gravy

INGREDIENTS

¼ cup Hy-Vee salted butter
¼ cup Hy-Vee all-purpose flour
4 cups Hy-Vee cooking stock or broth
Hy-Vee salt, to taste
Hy-Vee black pepper, to taste

PREPARATION

- 1** Melt butter in a medium saucepan. Whisk in flour until smooth. Cook and whisk over medium heat for 2 to 3 minutes or until flour turns a deep tan color.
- 2** Slowly whisk in stock. Bring to a boil, whisking constantly.
- 3** Reduce heat to medium; gently boil for 20 to 25 minutes or to desired consistency, whisking occasionally. Season to taste with salt and pepper.

NUTRITION FACTS

Calories: 78
Total Fat: 6g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 15mg

Sodium: 336mg
Carbohydrates: 6g
Fiber: 0g
Sugar: 0g
Protein: 1g