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Basic Gravy (FP)

Who doesn't enjoy gravy over their Mashed Potatoes? This gravy will be extra delicious when using stock or meat juice, but can just as easily be made using water.

Serving Size: Multiple-serve

INGREDIENTS:

- 3 cups chicken broth or water (or, beef juice from your pot roast)
- onion powder
- mineral salt
- black pepper
- cayenne pepper
- 1 or 2 Tbsp nutritional yeast (optional)
- Bragg's Liquid Aminos
- 3/4 to 1 & 1/2 tsp THM Glucomannan (or xanthan gum)

INSTRUCTIONS:

1. Pour 1 cup of either chicken broth, beef juice, or water into saucepan.
2. On medium heat add generous shakes of onion powder, sea salt, black pepper, red pepper, nutritional yeast, and generous squirts of Bragg Liquid Aminos.
3. Add another 1 to 2 cups water or chicken broth.
4. Once gravy liquid is hot, shake in glucomannan or xanthan gum from empty salt shaker (or a combination of both) and stir like crazy with a whisk.
5. Keep shaking and stirring until gravy starts to thicken. Do not let blobs form. If this happens, it would be better to add the glucomannan or xanthan to a separate 1/2 cup of water to dissolve in first then add to the hot gravy.
6. Simmer gravy for several minutes, stirring every so often. Taste for final seasoning adjustments.

(Continued...)

RECIPE NOTES:

If you don't have stock or meat juice for this gravy, and you are using water for liquid, adding nutritional yeast is a must. It is not as necessary to add it when using stock, but it makes the gravy extra delicious. It usually takes between 3/4 to 1 & 1/2 tsp of glucomannan to thicken 3 to 4 cups of liquid to a gravy consistency.

NSI (if using xanthan instead of gluccie and omitting the nutritional yeast)

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The [Basic Gravy](https://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at
www.TrimHealthyMembership.com.