



Recipes

Sauces and Dressings

Golden Gravy

Prep Time: 5 minutes

Yield: 4 servings

Ingredients:

- 1 medium onion, finely diced
- 1 cup vegetable stock
- 3 tablespoon olive oil
- 3 tablespoons whole wheat or potato flour
- 2 ounces ghee
- Sea salt
- Freshly ground pepper to taste

Directions:

1. In a skillet, sauté the onion in the olive oil until brown.
2. Add the ghee and lower heat.
3. As the ghee melts, add the flour, stirring constantly to keep it from burning.
4. After the flour browns, add vegetable stock until gravy thickens.