

Cream Gravy

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD:

9 Servings

Ingredients	Qty	Measure
Earth Balance	2	oz
All-purpose flour	2	oz
Soy milk	2	Cups
Salt	1	tsp
Pepper	2	tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Make a roux, melt Earth Balance, flour, salt and pepper. Cook until it emits a nutty aroma.
2. Slowly add milk, whisking until thick and bubbly.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve 2oz. on 1 biscuit

Nutrition Information

 *From USDA Nutrient Database

Calories: 93 Total Fat: 6 g Saturated Fat: 1.5 g Carbohydrate: 8 g Protein: 2 g Sodium: 333 mg
Vitamin A: 2% Vitamin C: 0% Calcium: 7% Iron: 6%