

# Tomato Gravy

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD:**

**8-10 Servings**

Ingredients	Qty	Measure
Tomato paste	6	oz.
Water	2	cups
Earth Balance	2	oz
All-purpose	2	oz
Salt	1	Tsp.
Pepper	2	Tsp.

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

## Preparation

1. Blend tomato paste and water, set aside
2. Make a roux with butter and flour. Cook until it reaches a nutty aroma.
3. Pour in tomato mixture, cook 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

1 biscuit with 2 oz. of tomato gravy

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 87 Total Fat: 5g Saturated Fat: 1.5g Carbohydrate: 9g Protein: 2g Sodium: 331mg

Vitamin A: 2% Vitamin C: 6% Calcium: 1% Iron: 0% Folic Acid: 5%