



Gluten Free Low Carb Gravy

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 10

Nutrition Information Per Serving

65.8 calories, 0.8 g carbohydrate, 0.14 g fiber, 0.66 g NET carbs, 3.18 g protein, 5.97 g fat

Ingredients

- 1/2 tsp(s) sea salt
- 3 cup(s) Pacific Organic Bone Broth (Chicken)
- 1/2 tsp(s) Bob's Red Mill Xanthan Gum
- 1/2 tsp(s) dried rosemary
- 1 Tbsp grass-fed salted butter
- 1/2 tsp(s) dried sage
- 1 cup coconut milk
- 1 cup filtered water
- 1/2 tsp(s) organic dried thyme

Preparation

1. In a medium saucepan, heat the broth. Add the herbs and simmer 10 minutes. Strain broth with a fine mesh strainer, removing herb bits.
2. Whisk in butter, water and coconut milk and bring to a gentle simmer.
3. Sprinkle in the xanthan gum, whisking briskly until the gravy is slightly thinner than the consistency you like. Do NOT add too much gum – the gravy will continue to thicken as it cools.

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