
Chicken Broth Gravy

- Estimated preparation time:3 minutes
- Estimated cooking time:.....10 minutes

Ingredients:

- 1/4cup cold water
- 1tablespoon cornstarch
- 1.....cup chicken broth

Directions:

- Combine cold water and cornstarch in a small bowl; whisk together to blend. Slowly stir into chicken broth and cook in a saucepan until thickened, about 10 minutes.
- Serve over vegetables In place of butter or use as a gravy for potatoes or poultry.
- Makes about 1 cup.

- Serves14
- Calories5
- Calories from fat.....0
- Cholesterol0
- Sodium.....70
- Carbs1 gram
- Sugar0

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.P.N.

2511 Fire Road Suite B7
Egg Harbor Township, NJ 08234
609-677-5599