



Grain-Free Gravy

Gluten-Free, Grain-Free, Nut-Free, Dairy-Free, Vegan, Egg-Free

Recipe by Back Porch Paleo

Ingredients

- 2 Tablespoons grass fed butter, ghee or avocado oil
- 2 Tablespoons [Otto's Naturals – Cassava Flour](#)
- 2 cups bone broth or vegetable broth
- ½ teaspoon sea salt or to taste
- ½ teaspoon of complementary herbs (for example, thyme for chicken or rosemary for beef)
- Dash of garlic powder
- Pepper to taste

Instructions

1. In a small saucepan over low heat, melt your fat. Add flour and whisk to combine. (This is a basic roux, the base of so many yummy sauces.)
2. Simmer roux slowly until color begins to darken, whisking occasionally. Typically, 4-5 minutes should do the trick. Results may vary depending on your stove top, so keep an eye on it. You're looking for a nice golden-brown color! The longer you let the roux brown, the deeper flavor you will have. However, keep in mind that if your heat is too hot, you can actually end up burning the roux.
3. Once desired color is achieved, slowly add bone broth (or vegetable broth) and whisk until well combined and velvety. Increase heat a little and continue whisking. The gravy will thicken as it simmers.
4. Once you reach your desired consistency, add the salt, accompanying herbs, garlic powder and pepper. Taste and adjust flavors as desired.