

*Nothing new, just good old-fashioned  
gravy like Grandma used to make.*

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## Pan Gravy

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**3 tablespoons flour**  
**3 tablespoons meat or poultry  
drippings**  
**2 cups liquid (water or broth)**

In skillet or roasting pan, add flour to  
drippings. Blend over low heat until  
smooth and browned. Add liquid;  
cook until mixture boils and thickens,  
stirring constantly. Salt and pepper to  
taste. 2 cups.

**TIPS:**

Flour and drippings can be decreased to  
2 tablespoons each for thin gravy or  
increased to 4 tablespoons each for  
thick gravy.

Recipe can be easily doubled.

**NUTRITION INFORMATION**

SERVING SIZE: 1 TABLESPOON		PERCENT U.S. RDA PER SERVING
CALORIES	6	PROTEIN *
PROTEIN	0 g	VITAMIN A *
CARBOHYDRATE	1 g	VITAMIN C *
FAT	1 g	THIAMINE *
CHOLESTEROL	0 mg	RIBOFLAVIN *
SODIUM	0 mg	NIACIN *
POTASSIUM	0 mg	CALCIUM *
		IRON *

\* Contains less than 2% of the U.S. RDA of this nutrient.

from *Harvest Time Baking and Cooking*