

# Brown Gravy Mix-Freeze Dried Pantry

*This recipe will make about 12- 2 tablespoon servings*



## Ingredients

**1 cup** flour  
**1 tbsp** bouillon or  $\frac{1}{4}$  **cup** freeze-dried broth powder  
**1 tbsp** freeze-dried onion powder,  
**1 tbsp** freeze-dried garlic powder  
**1/2 tbsp** pepper  
**1 tsp** freeze-dried parsley

**This recipe was contributed by Nessa's Nook**

This recipe is not a freeze-drying recipe but uses some freeze-dried ingredients

### Directions:

1. Place all the ingredients in a bowl and whisk until mixed well
2. Pour into a quart-size jar.
3. Add an oxygen absorber and seal after each use.

### Rehydration:

Boil 1 cup of water on the stove and add 2 tbsp of gravy powder. Simmer until the desired thickness.

### Notes:

Because the flour is not freeze-dried, the shelf life may be lower. You could use homemade freeze-dried flour (check out our chickpea flour recipe) to extend the shelf life.

### Nutritional Value Per 1 cup of prepared gravy

Calories: 13 Protein: 1 g Fat: 0 g Carbohydrates: 9 g Sugar: 0 g Fiber: 0 g