

Tomato Gravy

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings:10

Ingredients	Quantity	Measure
Tomato paste	6	ounces
Water	2	cups
Non-dairy margarine	2	ounces
All-purpose flour	2	ounces
Salt	1	teaspoons
Black pepper	2	teaspoons

Preparation

1. Blend tomato paste and water, set aside.
2. Make a roux with butter, flour, salt and black pepper. Cook until you smell a nutty aroma, or approximately 3-4 minutes.
3. Add the tomato mixture and cook until thick and bubbly.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 78 Total Fat: 4.6g Saturated Fat: 4.6g Monounsaturated Fat: 2g Polyunsaturated Fat: 1.5g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 1g Total Sugar: 2g Protein: 1.7g Sodium: 296mg
Vitamin A: 47µg Vitamin C: 2.4mg Calcium: 5mg Iron: 0.5mg Folate: 2µg

