

Brown Gravy USDA Recipe for CACFP

Our smooth and flavorful Brown Gravy recipe is made from a combination of whole-wheat flour, beef broth, and spices.

INODEDIENTO	25 SERVINGS		50 SERVINGS		PUREATIONS
INGREDIENTS	Weight Measure Weight Measure	DIRECTIONS			
Margarine, trans-fat free		1/8 cup	2 oz	1/4 cup	Melt margarine in a large stock pot. Heat uncovered over medium-high heat for 1-2 minutes or until margarine begins to smoke.
*Fresh onions, diced	6½ oz	11/4 cups	13 oz	2½ cups	2 Add onions. Cook uncovered over medium—high heat for 10–15 minutes until onions are a dark, caramel color. Stir occasionally. Reduce heat to medium.
Flour, whole-wheat		1/8 cup 1 Tbsp 21/4 tsp		1/4 cup 3 Tbsp 11/2 tsp	3 Add flour, onion powder, and pepper. Heat uncovered over medium heat for 1–2 minutes until flour begins to brown, stirring constantly.
Onion powder		½ tsp		1 tsp	
Black or white pepper, ground		1/8 tsp		1/4 tsp	

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Beef broth, low-sodium		21/4 cups		1 qt ½ cup	4 Add broth. Heat uncovered over medium heat for 2 minutes, stirring constantly with a whisk to avoid lumping.
					5 Scrape bottom of stock pot to avoid burning and to release particles into the gravy for flavor.
					6 Simmer uncovered over medium heat for 5–10 minutes. Stir well.
					7 Remove from heat. Purée ingredients in stock pot with a bermixer for 1-2 minutes until mixture has a smooth consistency.
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					9 Pour 2 cups (about 1 lb) brown gravy into a steam table pan (12" x 20" x 21/2").
					For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					10 Critical Control Point: Hold for hot service at 140 °F or higher.
					11 Portion with ½ fl oz ladle (1 Tbsp).

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Variation 1 (turkey gravy): Variation 2 (cream gravy): Low-fat (1%) milk		2½ cups		1 qt 1 cup	 Variation 1 (Turkey Gravy): For step 1, heat margarine for 30 seconds to 1 minute uncovered over medium—high heat in a large stock pot. For step 2, add onions. Cook uncovered over medium—high heat for 5–8 minutes until onions are a light, caramel color. For step 3, proceed with recipe directions. For step 4, replace beef broth, low-sodium with turkey broth, low-sodium. Proceed with recipe directions for remaining steps. OR Variation 2 (Cream Gravy): For step 1, as soon as margarine melts, add onions. For step 2, allow onions to sweat for 1–2 minutes. Do not allow any browning. For step 3, heat ingredients for 30 seconds to avoid browning. For step 4, replace broth with half of the milk. After heating, add remaining milk. Stir well, and proceed to step 5. For step 6, simmer for 1–2 minutes. Proceed with recipe directions.

NUTRITION INFORMATION

For ½ fl oz ladle (1 Tbsp).

NUTRIENTS Calories	AMOUNT 11
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	1 g 0 g 0 mg 47 mg 1 g 0 g 0 g N/A 0 g
Vitamin D Calcium Iron Potassium N/A=data not available.	5 IU 2 mg 0 mg 14 mg

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	25 Servings	50 Servings			
Mature onions	8 oz	1 lb			

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME				
25 Servings	50 Servings			
About 1 lb	About 2 lb			
About 2 cups/1 steam table pan (12" x 20" x 21½")	About 1 qt/2 steam table pans (12" x 20" x 2½")			

