



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.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free		1/8 cup	2 oz	1/4 cup	1 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	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 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 2 1/4 tsp		1/4 cup 3 Tbsp 1 1/2 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		1/2 tsp		1 tsp	
Black or white pepper, ground		1/8 tsp		1/4 tsp	

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Beef broth, low-sodium		2¼ cups		1 qt ½ cup	<p>4 Add broth. Heat uncovered over medium heat for 2 minutes, stirring constantly with a whisk to avoid lumping.</p> <p>5 Scrape bottom of stock pot to avoid burning and to release particles into the gravy for flavor.</p> <p>6 Simmer uncovered over medium heat for 5–10 minutes. Stir well.</p> <p>7 Remove from heat. Purée ingredients in stock pot with a bermixer for 1–2 minutes until mixture has a smooth consistency.</p> <p>8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>9 Pour 2 cups (about 1 lb) brown gravy into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>10 Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>11 Portion with ½ fl oz ladle (1 Tbsp).</p>



NUTRITION INFORMATION

For ½ fl oz ladle (1 Tbsp).

NUTRIENTS	AMOUNT
Calories	11
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	47 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	0 g
Vitamin D	5 IU
Calcium	2 mg
Iron	0 mg
Potassium	14 mg

N/A=data not available.

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 2½")	About 1 qt/2 steam table pans (12" x 20" x 2½")