

## **Gravy**

3 tbsp. flour  
2 tsp. instant bouillon granules  
1/8 tsp. pepper  
12 oz. evaporated skim milk  
1/2 cup water  
Paprika (optional)

In a small saucepan stir together the flour, bouillon granules, and pepper. Gradually stir in the evaporated skim milk and water until mixture is smooth. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Serve over hot mashed potatoes. If desired, sprinkle with paprika. Makes 8 servings.

To make chicken, ham, beef, or pork gravy:  
Substitute appropriate flavor of bouillon granules.

Nutrition information per serving: calories 51; protein 4 grams; fat 0 grams; sodium 56 mg