

Homemade Low Sodium Gravy

**Serving Size**

10 (1/4 cup)

**Skill Level**

Moderate

**Diet Type**

Dialysis

Ingredients

- 1/4 cup canola oil
- 1/2 cup chopped onion
- 6 minced cloves of garlic
- 1/2 cup all-purpose flour
- 4 tsp nutritional yeast
- 2 cups low-sodium vegetable broth
- 1/2 tsp dried sage
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions

1. Heat oil over medium heat and sauté onion and garlic until translucent.
2. Stir in flour and nutritional yeast to form a smooth paste.
3. Gradually whisk in the broth.
4. Season with sage, salt, and blackpepper.
5. Reduce heat and simmer. Stir constantly for 8-10 minutes until thick.

Nutrition Facts

Serving Size 10 (1/4 cup)

Amount per serving

Calories 85

Sodium	150 mg
Potassium	58 mg
Phosphorus	24 mg
Carbohydrates	3 g
Protein	2 g