

# White Sauce

- For thin sauce, use  $\frac{1}{3}$  cup plus 1 Tablespoon Magic Mix and 1 cup water. Yield: 1 cup.
- For medium sauce, use  $\frac{1}{2}$  cup Magic Mix and 1 cup water. Yield: 1 cup.
- For thick sauce, use  $\frac{2}{3}$  cup Magic Mix and 1 cup water. Yield: 1 cup.

## Directions

1. Stir in a saucepan over medium heat until smooth and thick. Milk scorches easily, so keep heat at medium or lower.



# Cream of Anything Gravy

Makes 6 servings

1. In a sauce pan, make a medium White Sauce with  $\frac{1}{2}$  cup Magic Mix and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add any of the following:
  - 1 cup cubed cooked ham
  - 1 cup cooked, diced chicken or turkey
  - 1 can tuna or salmon, drained
  - 1 pound cooked ground beef or sausage
  - 1 cup shredded dried (chipped) beef
  - 4 hard-cooked eggs, sliced
  - Spice Mixes or other spice combinations, as desired. Stir well.
3. Heat thoroughly. Serve over whole-grain toast, biscuits, English muffins, brown rice, or whole-wheat noodles.



### Add Flavor:

- Substitute broth for all or part of the water.