



# Stress- Free Turkey Gravy

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Submitted By: Vitamix

Dietary Interests: [Low Cholesterol](#)

## Yield:

5 c ( 1.2 l )

## Total Time:

30 Minutes

## Difficulty:

Intermediate

## Ingredients

- 1/3 cup (75 g) unsalted butter
- 1/2 cup (62 g) unbleached all-purpose flour
- 4 cups (960 ml) turkey broth
- 1 chicken bouillon cube
- 1/4 teaspoon plus 1/8 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly cracked black pepper

## Directions

1. Make a roux in a medium skillet by melting the butter over medium heat and gradually whisking in the flour.
2. Cook, stirring constantly, just until golden brown and aromatic. Transfer roux to a plate and allow to cool completely in the refrigerator.
3. In a small saucepan, combine the broth, bouillon, thyme, bay leaf, salt, and pepper. Heat to a gentle simmer, about 200°F (90°C), then remove bay leaf.
4. Remove from heat and carefully transfer mixture and the roux into the Vitamix container.
5. Select Variable 1.
6. Turn machine on and slowly increase speed to Variable 10.
7. Blend for 20 seconds.
8. Serve immediately.

This recipe has been written for the C-Series machines with Variable Speed control and Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

## Nutrition Information

Serving Size

1/4 c ( 60 ml )



Amount Per Servings

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<b>Calories</b>	45
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<b>Total Fat</b>	3.5 g
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Saturated Fat	2 g
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<b>Cholesterol</b>	10 mg
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<b>Sodium</b>	240 mg
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<b>Total Carbohydrate</b>	2 g
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Dietary Fiber	0 g
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Sugars	0 g
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<b>Protein</b>	1 g
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