

Delicious Healthy Gravy

2 tablespoons extra virgin avocado oil
1 chopped local or organic yellow onion
2 cups total turkey drippings + organic free range chicken bone broth
1/4 cup sprouted spelt flour
1/4 teaspoon black pepper
1 teaspoon dried rosemary
1/2 teaspoon dried thyme

Directions:

1. In a medium sauté pan on medium-high heat, cook onions in avocado oil until browned and soft.
2. Add flour and only 1/2 cup of drippings/bone broth mix. Whisk until blended well.
3. Add remaining drippings/bone broth mix.
4. Add black pepper, rosemary, and thyme. Mix well.
5. Continue cooking on medium-high heat until thickened (approximately 5-10 minutes).