

A Healthier Tomato Gravy

- 3 TBSP. OLIVE OIL
- 2 TBSP. MARGARINE SPREAD (SMART BALANCE OR OTHER EQUIVILANT)
- 1/2 MEDIUM ONION (PEELED, CHOPPED)
- 5 OZ. CAN TOMATO SAUCE
- 15 OZ. CAN PETITE DICED TOMATOES OR 2 FRESH TOMATOES (CUT UP)
- 1 CUP HOT WATER
- 2 TSP. BEEF BOUILLION (BETTER THAN BOUILLION, LOW SODIUM IF NEEDED)
- 1/2 CUP COLD SKIM MILK
- 3 TBSP. CORN STARCH
- SALT & PEPPER TO TASTE

Sauté onions in olive oil and margarine. Cook until soft. Add tomatoes and simmer 2 minutes.

While that is cooking in a separate bowl, combine hot water and bouillon and whisk well. Add broth to tomatoes.

In another small bowl or mixing cup, whisk corn starch and cold milk together well and add to gravy. Cook 5-8 minutes on medium until gravy thickens and cornstarch turns from cloudy to clear.

“Serve over Biscuits, Meatloaf, or Hamburger Steaks.” - Tammy

Tammy’s Tip: Can use Wondra flour as a thickener and omit the cornstarch.