



## VEGETABLE GRAVY

### Ingredients:

2 tbsp olive oil  
8 oz trinity mix or frozen seasoning mix  
5 cloves fresh garlic  
1 pound carrots  
2 potatoes, chopped  
2 turnips (optional)  
4 oz mushrooms, washed  
1 tbsp poultry seasoning  
2 tbsp Kitchen Bouquet  
2-3 c unsalted chicken stock.

### Nutritional Information:

- Servings: 10
- Servings size: 1
- Calories: 104
- Fat: 3 g
- Saturated fat: 0.4 g
- Unsaturated fat: 2.4 g
- Carbohydrates: 18 g
- Fiber: 4 g
- Protein: 3 g
- Sodium: 82 mg
- Cholesterol: 0 mg

### Instructions:

Heat pan on medium and add olive oil. Add chopped vegetables to line pan. Place turkey on bed of vegetables and allow all to cook until turkey is done. When turkey is cooked, remove to a cutting board. Place all vegetables in high speed blender with 2 cups of broth. Add poultry seasoning, Kitchen Bouquet, and blend on high for 90 seconds. Add more broth to proper consistency. Serve with sliced turkey or as a soup!