



Hill's Mills & Mixers

BOSCH Kitchen Centre

~products for better health

(1) BEAN FLOUR RECIPES

SAUCES AND GRAVIES

from fresh-milled white beans

To make delicious, gluten-free, thick gravy, mill white beans into flour and add to your favorite gravy base .

WHITE BEAN GRAVY

2 cups boiling water

2 tsp chicken or vegetable soup base (or 2 cups of any boiling meat broth base you usually use)

3 to 4 tbsp white bean flour

Whisk bean flour to desired thickness into boiling broth or meat drippings to which you have added water in saucepan or frypan.

Cook over medium heat 3 minutes. May blend in blender if you wish. Makes 2 cups

BROWN GRAVY

2 cups water

2 tsp beef or vegetable soup base

4 Tbsp pinto bean flour

½ tsp Kitchen Boquet (or beef seasoning for flavour and colour)

Salt and pepper to taste

Bring water and seasonings to a boil. Whisk in bean flour and cook over medium heat for 2 minutes.

Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559