

Velouté Sauce

Yield: about 24 (2 oz) servings

Serve this gravy-like sauce over chicken or pork. It's also a natural spooned over mashed potatoes.

Ingredients	Measure		Nutrition per Serving	
	24 - 2 oz			
Water	3 quarts		Calories	60
Coarsely chopped onion	6 oz (1 medium)		Total Fat g	4
Coarsely chopped carrot	4 oz (1 medium)		Saturated Fat g	2.5
Black peppercorns	1 Tbsp		Cholesterol mg	10
Bay leaf	1		Sodium mg	100
Unsalted butter	4 oz (½ cup)		Carbohydrate g	5
All-purpose flour	2 oz (½ cup)		Fiber g	0
Med-Diet® Low Sodium Chicken Soup Base	2 oz (1/3 cup)		Sugar g	1
White pepper	to taste		Protein g	0

Preparation

1. In large saucepan, combine water, onion, carrot, peppercorns and bay leaf; bring to a boil. Simmer, partially covered, 15 minutes; strain, discarding solids and reserving broth.
2. In same saucepan, melt butter. Whisk in flour until blended. Gradually stir in reserved broth and soup base; whisk until blended. Season with white pepper. Cook, stirring occasionally, until sauce is slightly thickened and 165°F.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Chicken Soup Base	6 – 16 oz	37.5 gal	K9216