

**Nut-less Chick N’ Style Gravy**

***Ingredients:***

* 4 c Water
* 3T Chik N’ Seasoning
* ½ c Barley or Brown Rice Flour
* 2 T Soy Sauce “or”
* 1-2t Sea Salt
* ⅓c Vegetable or Olive Oil

***Directions:***

* 1. Mix well oil, flour and seasoning in saucepan, then stir in soy sauce or salt.
  2. Gradually stir in first 2 cups of water, until smooth and thinned; then add the remaining 2 cups of water.
  3. Heat in medium heat until boiling , then turn down heat and simmer until desired thickness.

Makes: 5 cups

***Did you know?***

*Barley flour has a nutty flavor to it!*