

Sour Cream Gravy

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*3 tablespoons fat, drippings
from smoked ham or
sausages
1 or more onions, sliced
1 cup sour cream
2 teaspoons flour
pinch salt*

In a saucepan, fry the onions in the drippings until nicely browned.

In a bowl, place the sour cream. Stir in the flour and salt. Add the mixture to the saucepan. Cook for about 3 minutes.

Serve over potatoes.

(The sour cream may be mixed with milk if it is too rich.)

Per Serving (excluding unknown items): 554 Calories; 48g Fat (77.1% calories from fat); 9g Protein; 23g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.