

Chicken "Gravy"

Recipe makes 1 serving

Each serving = 1 grissini (bread stick)

Ingredients

- 1/2 cup hCG Diet approved homemade chicken broth (see in recipes under `soup`)
- 1 grissini

Directions

1. Add 1/4 c broth to small saucepan and bring to boil.
2. While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.)
3. Add the powdered grissini to the pan, whisking constantly until dissolved.
4. Still whisking, add remaining 1/4 c broth.
5. Reduce heat to MED and whisk for 3-4 mins, until thickened.
6. I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavour. Feel free to add any spices you like.

TIP:

Pour this over boiled chicken that and use to make broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

