

# The Best Keto Gravy

Hands-on 10 minutes Overall 45 minutes



**Nutritional values (per serving, 1/4 cup/ 60 ml):** Total carbs: 3.1 g, Fiber: 0.6 g,

**Net carbs: 2.6 g**, Protein: 1.1 g, Fat: 4.3 g, Calories: 54 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 10 servings, about 2 1/2 cups/ 600 ml)

- 1/2 cup dried Porcini mushrooms (15 g/ 0.5 oz)
- 1/2 cup boiling water to soak the mushrooms (60 ml/ 2 fl oz)
- 1 medium white onion (110 g/ 3.9 oz)
- 2 cloves garlic
- 2 tbsp freshly chopped sage and/or rosemary *or* herbs of choice
- 2 tbsp [ghee](#) *or* duck fat (30 g/ 1.1 oz)
- 1 tbsp Worcestershire sauce *or* balsamic vinegar (15 ml)
- 1 tbsp [Dijon mustard](#)
- 2 tbsp fresh lemon juice (30 ml)
- 2 cups [bone broth](#) *or* [chicken stock](#) *or* vegetable stock (480 ml/ 16 fl oz) - *you can make [your own bone broth](#)*
- sea salt and ground pepper, to taste
- Optional: 1/4 cup heavy whipping cream *or* [coconut milk](#) (60 ml/ 2 fl oz)*

## Instructions

1. Peel and dice the onion and garlic. Roughly chop the herbs.
2. Add boiling water to the porcini mushrooms and soak for 30 minutes. Peel and dice the onion and garlic.
3. Add the onion into a hot pan greased with ghee and cook over a medium heat until translucent. Add the garlic and chopped herbs and cook for another minute.
4. Pour in the bone broth, lemon juice and add the soaked porcini mushrooms including the soaking liquid.
5. Add Worcestershire sauce (or balsamic vinegar) and mustard and bring to a boil. Lower the heat and let it simmer for about 10 minutes.
6. Take off the heat. Use an immersion blender or place in a blender to process until smooth and creamy. Season with salt and pepper to taste.

7. Depending on how much you reduce the gravy, you'll get 2 1/4 to 3 cups of gravy. If the gravy is too thin, place back on the stove and cook until thickened. If the gravy is too thick, add a few tablespoons of water. You can optionally add 1/4 cup heavy whipping cream or coconut milk.
8. When done, serve immediately with meat, roasted vegetables or [Creamy Keto Mash](#) or let it cool down and store covered and refrigerated for up to 5 days. Reheat as needed.

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