

White Sauce - Thin

Makes: 1 serving

Ingredients

1 tablespoon butter

1 tablespoon flour

salt and pepper (optional, to taste)

1 cup milk, non-fat (or 1/3 cup powdered milk and water to equal 1 cup)

Directions

1. In a small pot, melt butter over low heat.
2. Add flour, salt, and pepper to mixture.
3. Add milk gradually.
4. Heat to boiling, stir constantly until mixture is smooth and bubbly. (The consistency should be like thin cream.)
5. Remove from heat.

Notes

Use for cream soups and stews.

Source: University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education Food Skills Cookbook Food Stamps Nutrition Education Program.

Nutrition Information

Nutrients	Amount
Calories	220
Total Fat	12 g
Saturated Fat	7 g
Cholesterol	35 mg
Sodium	230 mg
Total Carbohydrate	19 g
Dietary Fiber	0 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	