

This is an old recipe I remember my mother making for us. She said she learned it from my Grandmother who cooked it often during the war (no meat). Hope you like it. Just typing this brings back some good memories. Also, this recipe is great for using leftovers.

POTATOES AND BEANS IN BROWN GRAVY.

From Phebe Meyer's Family Cookbook

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Ingredients:

3 medium to large potatoes, fresh or boiled
1 1/2 - 2 cups fresh cut green beans, or
1 package frozen green beans
3 tbsp. Butter or margarine
1/4 cup flour
2 cups of water, or chicken or beef stock.
Salt & pepper to taste

Directions:

If potatoes are fresh, peel, dice and cook until just tender.
Cook green beans until just tender. Set aside.

To make the brown gravy, melt 3 tbsp butter or margarine in large frying pan, then add the 1/4 cup of flour. Let the flour brown, stirring constantly, being careful not to let it burn. Slowly add the water or stock to the flour, stirring until it thickens. Salt and pepper to taste. Add potatoes and beans to gravy, reheat and serve.

One thing about making the brown gravy, you must have the water handy before you start to brown the flour, as it does not take much time to get the flour to a golden brown. Also, using too high a heat will burn the flour, so I only use a medium heat.

You will find that, with the addition of chopped onions to the above, you have what is called a roux, and is used to thicken not only gravy, but other sauces and dishes as well...

My younger sister swears that my mother used milk instead of water, it comes out a little creamier that way, but doesn't have the flavor of the stock. Also, I remember that some times my mother used to add Gravy Master to enhance the taste, maybe that was when she used the milk instead of water. You can throw in any leftover vegetables as well.