Pan Gravy from a Roast — grocery list

Meat

- [ ] Drippings from a beef or chicken roast (from the prime rib)

Pantry

- [ ] Low-sodium beef or chicken broth, 2 cups
- [ ] Whole-wheat flour, 2 tbsp (or cornstarch, 1 1/2 tbsp)
- [ ] Low-sodium soy sauce or Worcestershire, 1 tsp

Spices

- [ ] Dried thyme, 1/2 tsp (or 1 sprig fresh)
- [ ] Black pepper