

Cream Cheese Gravy

- 6 oz, Cream cheese
 - 1 cup, Beef Broth
 - (chicken or beef depending on what you want)
- melt cream cheese in pan, add broth. Whisk to combine.

You can add Garlic powder, onion powder,

If it's too thick add some Heavy Cream,

If it's too thin cook it longer to reduce it.

4 servings 3 g carbs ea

Low Carb Alfredo Sauce

- 1 oz, Butter, unsalted
- 1 cup, Heavy Cream
- 0.75 cup(s), Parmesan

heat in pan until combined, simmer till thick

4 serving 2 g Carbs