

Simple Sausage Gravy

6 cups 30 minutes

Delicious and hearty breakfast!

Ingredients

- 1 Tbsp olive oil
- 1 lb ground breakfast sausage
- 1 stick butter
- 1/4 cup flour
- 1 1/2 cups milk
- 1/2 cup cream
- salt and pepper to taste

Directions

1. Heat oil in a dutch oven or large pot on stovetop over medium high heat.
2. Add breakfast sausage and brown. Use meat chopper or spatula to break meat into small bits as it cooks.
3. Once meat is brown, add butter. Stir until melted.
4. Stir in flour. Allow to cook for about one minute.
5. Slowly stir in milk and cream. Allow liquid to come to a boil and then turn heat down. Allow to simmer and gravy to thicken. Be sure to stir often!
6. Once gravy has come together add salt and pepper to taste.
7. Serve over biscuits.

Notes

I'm probably biased - I worked there for five years - but I prefer the Bob Evans brand of breakfast sausage.

Taste your gravy several times. Be generous with your seasonings, especially the black pepper!

This recipe freezes really well. Double or triple it and stash some gravy in your freezer for another day.