

## **Sausage Gravy**



### **Ingredients:**

- 1 pound sausage<sup>^</sup>
- 1/3 cup All-purpose flour<sup>\*</sup>
- 4 cups whole milk<sup>\*\*</sup>
- 1/2 tsp seasoned salt with black pepper<sup>^^</sup>
- 1/2 tsp black pepper

\* Use King Arthur Gluten-free Measure for Measure flour if intolerant to wheat and/or during elimination phase of FODMAP

\*\* Use lactose-free milk if intolerant to lactose and/or during elimination phase of FODMAP

<sup>^</sup>Use sausage recipe on this website if intolerant to onion and/or garlic and/or during elimination phase of FODMAP

<sup>^^</sup> Use seasoned salt recipe on this website if intolerant to onion and/or garlic and/or during elimination phase of FODMAP

1. Brown the sausage over medium-high heat until no longer pink. Reduce the heat to medium-low.
2. Sprinkle on half the flour and stir so the sausage soaks it all up, then add a little more until just before the sausage looks too dry.
3. Stir it around and coat for another minute, then pour in the milk, stirring constantly.
4. Cook the gravy stirring constantly, until it thickens (10-12 minutes).
5. Sprinkle in the seasoned salt and pepper and continue cooking until very thick. If it gets too thick too soon just put in 1/2 cup of milk or more if needed. Taste and adjust seasoning.