

Biscuits & Gravy

Pillsbury Grands Biscuits, any variety, made according to package directions

16 oz. Jimmy Dean sausage (regular or maple)

2 T canola oil

1 ½ C flour

6 C milk (do not use nonfat, any other kind is fine)

1 tsp seasoned salt

½ tsp pepper

½ tsp salt

In large skillet, brown sausage. As the sausage is browning add the canola oil.

Once meat is completely browned and broken up into small pieces, add the flour to the meat gradually, stirring constantly.

Add the milk to meat & flour mixture gradually, stirring regularly to be sure the mixture doesn't stick to the bottom. As the gravy thickens, add more milk. You may add additional milk (more than the 6 C) to the gravy if you need a few more servings or if it gets too thick.

Add seasoned salt, pepper & salt to taste, using the above amounts as a guideline. You may add the seasonings as you're adding the milk.

Split biscuits and top with gravy. Makes 8 servings of one biscuit each; however, my girls will eat more than that if served alone.

This recipe is not a "diet" food and cannot be made into one by using low fat sausage & nonfat milk. (I have tried and it turns out horrible.) You can use reduced fat biscuits if you'd like. It won't make a huge difference in overall calories, but if it makes you feel better, go for it! The reduced fat biscuits are great too.