

Sausage Gravy Breakfast Bowls

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Recipe adapted from Kim at A Girl and Her Phone. Here is the link for the original recipe. I cannot get the country gravy mix she uses, so I made my own.

<https://agirlandherphone.weebly.com/breakfast.html>

Blue – 4 points

Purple – 2 points

Green – 9 points

For bowls

- 400 grams shredded hashbrowns (about 4 1/2-5 cups, thawed)
- 8 eggs

For Zero Point Turkey Sausage

- 1/2 pound 99% fat free ground turkey
- 1/2 tsp ground sage
- 1 tsp salt
- 1/4 tsp white pepper (you can use black)
- 1/8 tsp crushed red pepper flakes
- pinch marjoram
- **You can substitute 1 tsp poultry seasoning for sage and marjoram**
- 1/4 cup flour

For Gravy

- 1 cups 1% milk
- salt and pepper to taste

For Turkey Sausage

1. In a small bowl, combine sausage spices and mix well.
2. In a medium bowl, place turkey. Add spices in and with your hands, mix VERY well until spices are evenly distributed throughout meat.
3. Cook turkey sausage in a skillet. I use a little oil and non stick spray, breaking it apart in little crumbles as it cooks. When done, begin making gravy.

For Gravy

1. Add flour and stir into turkey sausage. Slowly add milk and cook over medium high heat until gravy is smooth and thickened. Season with salt and pepper to taste. Set aside and keep warm

To assemble

1. Cook hasbrowns to your liking
2. Scramble eggs
3. In a bowl, place 1/4 of the cooked hashbrowns, top with 1/4 of the scrambled eggs, then 1/4 of the sausage gravy. Repeat for 4 bowls.
4. To serve, either serve as is or mix all ingredients in the bowl. Serve immediately or refrigerate and heat up as needed.

