

Sausage Gravy

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Sausage gravy serves 8, 4 FSP per serving – I weigh it out and divide by 8 to get the serving size.

- 1 pound bulk turkey sausage
- 1/2 cup flour
- 2 cups 1% milk
- salt and pepper to taste

1. In a large skillet, brown turkey sausage. Drain
2. Add flour and stir into turkey. Slowly add milk and cook over medium high heat until gravy is smooth and thickened. Season with salt and pepper to taste. Serve over your choice of biscuits and point accordingly (I make them with the 2 ingredient dough)