



Sausage Country Gravy

Delicious flavor without the accompanying bypass surgery

This WW-ified country gravy isn't traditional. It's also not prepared by a grumpy line cook, at a truck stop, with a half pound of bacon grease on his apron. This is an incredibly low fat, low calorie version that still has a TON of flavor. Instead of full fat pork sausage, we are using my low fat, healthy, breakfast sausage from page 27. Instead of heavy cream and a mountain of fat, we're going to use almond milk, pan drippings and thickening it all with cornstarch.

Serving Size:

Yields: 6 cups

Servings: (12) 1/2 cup



R D

1-1

You can have 2 servings (1 cup) for 1 total point

- last checked 01/03/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

Breakfast Sausage:

- 1 pound of my breakfast sausage mix, recipe on pg. 25, with the following addition.

- Add 1/2 cup water into the raw mix. TRUST ME. It'll make the meat cook into finer crumbles.

"City Boy" Country Gravy

- 6 second spray, butter flavored cooking spray ***
- 1 Tbsp PLUS 2 tsp I Can't Believe It's Not Butter Light
- 2 cups unsweetened plain almond milk (not Vanilla!)
- 2 cups water
- 4-1/2 Tbsp cornstarch
- 3/4 tsp salt
- 1/2 to 1 tsp coarse ground black pepper to taste

5. Continue to stir on high heat, allowing the sauce to thicken for another minute or two, until it gets to a nice gravy consistency.

6. Turn off heat and season with salt and additional pepper, if desired. Don't skimp on the black pepper, because it REALLY makes the sauce taste authentic.

NOTE:

- If you're allergic to almond milk, you can use any similar low point beverage, just adjust your points. Carbmaster brand Lactose free milk at Kroger affiliated stores, is thick, low point, lactose free milk, that has the same thickness as almond milk and is also only 1 point per cup.
- **BISCUITS!:** Want to have a low point 'Biscuits & Gravy' breakfast? Serve this over my yeast biscuits (pg. 50-51). Two big biscuits and 1 cup of this 'country gravy' will only cost you 6 points!!!
- This does NOT look like goopy white country gravy, like you're used to ordering. THAT stuff is white because it is simply grease cooked with TONS OF FLOUR. It gets it's white color from flour. Mine has the flavor without the flour.

Directions:

1. Prep. a batch of my breakfast sausage ahead of time, with the added water. Heat a large pan or a good sized pot, then cook the sausage, using cooking spray.. Break up the meat into small pieces, while cooking.
2. When the meat is cooked through, spray the butter flavored cooking spray onto the meat and mix in the butter spread. Heat till the butter spread is melted into the meat.
3. In a mixing bowl, combine the almond milk, water, cornstarch and pepper, until well combined, set aside.
4. Once the pan gets hotter than Ryan Gosling at your front door telling you "Hey girl, let me in... I'm here to vacuum and do your laundry.".... Pour the liquid mixture into the hot pan, with the cooked breakfast sausage cumbles and start stirring. It should begin to thicken almost immediately.

