

# Sausage Gravy

## Ingredients

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4 oz Breakfast Sausage  
1 T Flour  
1/8 t Salt  
1/8 t Ground Black Pepper  
1 c Milk

## Instructions

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1. In a nonstick skillet, crumble sausage. Cook over medium-high heat 3 to 5 minutes, stirring frequently, until no longer pink.  
2. Stir in flour, salt and pepper. Gradually stir in milk. Cook 1 to 2 minutes, stirring constantly, until mixture thickens. Serve on top of warmed biscuits.