

Breakfast Sausage Gravy



Ingredients:

- 1 lb Breakfast Sausage
- 2 Tbsp Butter
- 1 Tbsp Xanthan Gum
- 1 Cup Heavy Cream
- Salt & Pepper to taste
- 1 Cup half & half, Chicken Broth or Water to thin out gravy

Brown sausage in a skillet, add butter. Once sausage is brown, sprinkle xanthan gum over sausage. Stir a minute or two until the xanthan gum absorbs butter and grease.

Pour Heavy Cream over sausage and add salt and pepper. Stir until the gravy thickens. Add broth or water a little at a time until desired consistency is achieved, stirring often.

6 Servings

1g Carbs per serving