

Sausage Gravy & Biscuits Bake

Recipe makes 6 meals

Ingredients

- 1 lb Ground Pork Sausage
- 32 oz Liquid Egg Whites
- 7.5 oz can Buttermilk Biscuits, cut into pieces
- 2.5 oz pack Country Gravy Mix
- 2 cups Cold Water
- 1 Tbsp Garlic Powder, divided
- 1 tsp Onion Powder, divided
- 1/2 tsp Black Pepper
- Non-Stick Cooking Spray
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 420
Fat - 18g
Carbohydrates - 25g
Protein - 32g
***Fiber - 1g**

**Estimated Cost
Per Meal**

\$1.66

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by preheating your oven to 400°F.**
- 2. While your oven is preheating, grab a 9x13 casserole dish and spray it with non-stick cooking spray.**
- 3. Pour your liquid egg whites into your casserole dish and add in 1/2 Tbsp garlic powder, 1/2 tsp onion powder, a little salt and pepper, and mix well. Bake on 400°F for 20 minutes.**
- 4. While your eggs are cooking, heat a large skillet over medium-high heat and add in your ground sausage. Cook until no longer pink, breaking it up in the process.**
- 5. Once your sausage is cooked through, remove it from the skillet and set aside.**
- 6. Return that same skillet back to the stove over medium heat, pour in your gravy packet, 2 cups cold water, 1/2 Tbsp garlic powder, 1/2 tsp onion powder, 1/2 tsp black pepper, and whisk together. Bring to a boil, stirring frequently, then reduce the heat, and let simmer for 1 minute.**
- 7. Once your gravy is thickened, mix your cooked sausage in with the gravy, give it a taste, add salt and pepper to preference, then remove from heat.**
- 8. After your eggs have cooked for 20 minutes, remove from the oven, pour your sausage gravy over your eggs, place your biscuit pieces on top, then place this back in the oven on 400°F for 10-15 minutes, or until biscuits are golden brown.**
- 9. When your bake is cooked to your liking, remove from the oven, cut into 6 servings, and enjoy!**



Notes

- **In an attempt to keep this closer to a traditional biscuits and gravy recipe, as you can see, there are no veggies. My breakfast recipes typically don't contain a lot of veggies, but if you want, you can serve some on the side, or maybe even have a fruit afterwards to help you reach those fruit/veggie targets for the day.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



@zachcoen

www.mindbodyandnutrition.com