

# BISCUITS AND GRAVY

## Ingredients

### Biscuits:

No-stick cooking spray  
2 cups self-rising flour  
2 tsp sugar  
1 ½ tsp baking powder  
¾ cup buttermilk  
¼ cup vegetable oil

### Gravy:

1 pound bulk pork sausage  
¼ cup all-purpose flour  
2 cups milk  
¼ tsp salt  
¼ tsp pepper

## Directions

1. **For biscuits:** Preheat oven to 450 degrees. Lightly spray a baking sheet with cooking spray.
2. In a large bowl, combine flour, sugar, and baking powder; blend well.
3. In a small bowl, whisk together buttermilk and vegetable oil; add to dry ingredients and mix until dough is moist but not sticky.
4. On a lightly floured surface, knead dough lightly 4 or 5 times. Roll dough to a 3/4-inch thickness; cut with a 4-inch biscuit cutter. Knead any scraps together and repeat cutting method. Place biscuits on baking sheet and bake 10 to 15 minutes or until lightly browned. Keep warm.
5. **For gravy:** Meanwhile, in a large skillet, cook and crumble sausage until brown. Reserve ¼ cup of drippings in skillet; drain sausage well. Set aside. Add flour to drippings in skillet; stir until smooth. Cook over medium heat for 2 to 3 minutes until dark brown, stirring constantly. Gradually add milk, stirring constantly until smooth and thickened. (Use more milk if necessary to achieve desired consistency.)
6. Stir in salt, pepper, and sausage; heat through.
7. Serve over hot split biscuits.