

Breakfast Sausage Gravy

MAKES: 8 SERVINGS

- 1 c. vegan sausage*
- 3 tbsp. each whole wheat flour/all-purpose flour
- 3 tbsp. nutritional yeast
- ½ tsp. onion powder
- ½ tsp. dried sage
- ⅛ tsp. smoked paprika
- salt/ground pepper, to taste
- 2 c. non-dairy milk
- 5 drops liquid smoke, optional



Using a 12" non-stick skillet, crumble vegan sausage and brown. Remove sausage from skillet and set aside. Add flours and nooch to the same skillet and brown on med-high heat until you can smell the cheesiness of the nooch but be sure to move it around to prevent scorching. Watch it closely.

Pull the skillet off the heat and let cool a minute (gravy will get lumpy if the pan and flour are too warm.) Whisk in onion powder, sage, smoked paprika, salt, and pepper into the flour mixture. Slowly whisk the milk into the flour and spice blend until smooth. (or you can use a blender for a smoother gravy) Fold in the sausage. Season with liquid smoke if desired. For a little extra spice, you can add ¼ teaspoon garlic powder.

RECIPE NOTES: Couple with *Norma's Sesame Seed Biscuits* ("*In The Beginning*" chapter)
