

## Easy Sausage Gravy Recipe - Just Like the Pioneer Woman Makes It

There's nothing quite like



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb ground sausage (pork, beef, or chicken)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 medium carrot, peeled and chopped
- ... cup all-purpose flour
- 2% cups whole milk (warm)
- Salt and black pepper, to taste
- Pinch of crushed red pepper flakes (optional, for heat)

### DIRECTIONS

1. ? Step 1: Brown the Sausage: In a large skillet over medium heat, add the sausage. Cook, breaking it up as it browns, for 5-6 minutes, until mostly cooked.
2. ? Step 2: Add Aromatics: Add onion, garlic, and chopped carrot. Cook another 4-5 minutes until the onions are translucent and the carrots are tender.
3. ? Step 3: Make the Roux: Sprinkle flour evenly over the sausage mixture. Stir continuously for 1-2 minutes to coat and cook off the raw flour taste.
4. ? Step 4: Add Milk and Simmer: Slowly pour in the warm milk, whisking constantly to avoid lumps.
5. Bring to a gentle simmer and cook for 5-7 minutes, stirring often, until the gravy thickens.
6. Season with salt, black pepper, and red pepper flakes (if using).

### SWAPS & NOTES

Sausage: Pork is traditional, but chicken or turkey sausage works great too.

Flour: Substitute gluten-free flour if needed-just watch consistency.

Milk: Use half-and-half for extra richness, or 2% for a lighter option.

It's optional, but adds subtle sweetness and body.

### TIPS FOR SUCCESS

Use warm milk: It blends more easily with the roux and helps avoid lumps.

Don't rush the simmer: It thickens gradually-keep stirring!

Taste as you go: Sausage saltiness varies, so season at the end.

