

Fresh Sausage and Onion Gravy with Grits Recipe: A Southern Comfort Classic

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8 min

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INGREDIENTS

1 tablespoon olive oil
6-8 sausages
2 large onions, sliced
1 teaspoon minced garlic
2 tablespoons unsalted butter
3 tablespoons all-purpose flour
2 cups beef stock
1 teaspoon Worcestershire sauce
1/2 teaspoon black pepper
Salt to taste
For Serving:
Hot cooked grits
Optional: rice or mashed potatoes

DIRECTIONS

1. Cook the sausage: Heat olive oil in a large, heavy pan over medium heat. Add the sausages and cook, turning frequently, for 6-8 minutes until browned and cooked through.
2. Set aside: Remove the sausages from the pan and set aside.
3. Cook the onions: Spoon out excess oil, leaving about 1 tablespoon. Add the sliced onions and cook for 3-4 minutes until softened.
4. Add garlic: Stir in the minced garlic and cook for about 30 seconds.
5. Make the roux: Add butter to the pan. Once melted, stir in the flour to form a paste and cook for 1 minute.
6. Add stock gradually: Pour in half of the beef stock, whisking continuously to avoid lumps. Add the remaining stock and continue whisking.
7. Simmer: Bring the mixture to a simmer and add Worcestershire sauce, black pepper, and salt. Let it cook for about 3 minutes until thickened.
8. Return sausage: Add the sausages back into the pan and coat them in the gravy.
9. Serve: Spoon the sausage and onion gravy over hot grits and serve immediately.

SWAPS & NOTES

Sausages: Pork sausage gives the richest flavor, but chicken or turkey sausage can be used for a lighter option.

Onions: Yellow onions are ideal for sweetness, but white onions work well too.

Beef stock: Adds depth to the gravy, but chicken stock can be substituted if needed.

Worcestershire sauce: Enhances the savory flavor and adds a subtle tang.

TIPS FOR SUCCESS

The key to a smooth gravy is whisking constantly when adding the stock.

Adding it gradually helps prevent lumps and gives you a silky finish.

Cooking the flour for a full minute before adding liquid also removes that raw flour taste and deepens the flavor.

Another important tip is not rushing the onions.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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