The swap: 2 cups whole milk → Seasoned broth + a splash of milk

Sausage Gravy, My Way

By Angie Hayman

All the savory, comforting flavor of homemade sausage gravy with a simple calorie-saving swap. Seasoned chicken broth replaces most of the milk, creating a hearty gravy that's perfect over warm, fluffy biscuits.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY	CALORIES
5 min	Approximately 25 minutes	~25 min	8	Easy	~73 est. per serving

This version saves ~33 calories per serving vs the classic (31% lighter)

Breakfast · Southern-inspired American · nut-free

Approximate Nutrition

Estimated

Per serving (1/2 cup)

~73	~7g	~2g	~4g	~0g	~500mg
CALORIES	PROTEIN	CARBS	FAT	FIBER	SODIUM

Nutrition information is an approximation and may vary depending on the brands and products used, exact ingredient quantities, and portion sizes.

Ingredients

Makes 8 · 1/2 cup

- [ ] Sausage Gravy
- [ ] **1 lb** Jennie-O Regular Seasoned Fresh Turkey Sausage
- [ ] **¼ teaspoon** ground sage
- [ ] **¼ teaspoon** cayenne pepper
- [ ] **½ teaspoon** onion powder
- [ ] **½ teaspoon** garlic powder
- [ ] **½ teaspoon** black pepper
- [ ] **2 tablespoons** all-purpose flour
- [ ] **1¾ cups** water
- [ ] **2 teaspoons** Knorr chicken bouillon
- [ ] **¼ cup** whole milk

Ingredient note: You can use your favorite breakfast sausage. The nutrition information will change depending on the sausage you choose.

Instructions

1. **Brown the sausage**
   Heat a large skillet over medium heat. Add the breakfast sausage, breaking it into small crumbles as it cooks. Continue cooking until the sausage is fully browned and cooked through.

2. **Drain the grease**
   Drain any excess grease from the cooked sausage. Return the sausage to the skillet.

3. **Season the sausage**
   Add the sage, cayenne pepper, onion powder, garlic powder, and black pepper. Stir until the sausage is evenly coated with the seasonings.

4. **Add the flour**
   Sprinkle 2 tablespoons of flour over the seasoned sausage. Stir thoroughly to coat the crumbles and cook for approximately 1 minute to remove the raw flour taste.

5. **Add the seasoned broth**
   Combine 1¾ cups water with 2 teaspoons Knorr chicken bouillon.
   Gradually pour the broth into the skillet, stirring continuously to incorporate the flour and prevent lumps.

6. **Thicken the gravy**
   Bring the mixture to a gentle simmer, stirring occasionally, until the gravy thickens to your desired consistency.

7 Finish with milk

Stir in ¼ cup whole milk and allow the gravy to heat through.

Taste and adjust seasonings if needed.

8 Serve

Spoon the warm sausage gravy over freshly baked biscuits and enjoy!

Less Milk. Same Comfort.

The Calorie Hack

My sausage gravy doesn't need cups of milk to taste rich and comforting. By replacing most of the milk with seasoned chicken broth, I keep that savory, creamy goodness while cutting calories. It's one of the simplest swaps I've been using in my kitchen for years.

Traditional approach	Our Calorie Hack
~~2 cups whole milk~~	✓ **1¾ cups seasoned chicken broth + ¼ cup whole milk**

Why it works

- The seasoned chicken broth brings plenty of savory flavor to the gravy, while the flour thickens everything into that familiar, comforting consistency. Just ¼ cup of whole milk adds a little creaminess to finish it off.
- The result is a hearty sausage gravy that tastes like the breakfast favorite everyone loves, without needing all that milk.

Make It a Meal

One serving: ~73 cal

Sausage gravy is practically begging for a warm biscuit! Whether you're keeping breakfast light or feeding a hungry crowd, there are plenty of ways to enjoy it. Start with your favorite biscuits, then add a little something on the side to make breakfast your own.

- **Homemade drop biscuit +~150 cal**
  One small, fluffy homemade biscuit, perfect for soaking up gravy.
- **Scrambled egg +~90 cal**
  One large egg, scrambled with a little cooking spray.
- **Fresh berries +~50 cal**
  One cup of strawberries for a fresh, naturally sweet side.
- **Breakfast potatoes +~120 cal**
  Half a cup of seasoned, roasted breakfast potatoes.
- **Fresh orange +~60 cal**
  One small orange for a refreshing addition to breakfast.

Illustrative estimates. Actual calories depend on portions, ingredients, and dressing.

Angie's Kitchen Notes

What we learned making it

1. **Drain that sausage**
   Even turkey breakfast sausage can release quite a bit of grease. I drained mine after browning, and it didn't sacrifice any flavor.
2. **Don't skip the seasonings**
   A little sage, cayenne, garlic, onion powder, and black pepper give this gravy that classic breakfast sausage flavor.
3. **Let the flour cook**
   Give the flour about a minute to cook with the sausage before adding your broth. This helps eliminate that raw flour taste.
4. **Save the milk for last**
   You really don't need much! Just ¼ cup of whole milk at the end gives the gravy a creamy finish.
5. **Make it your own**
   I've made sausage gravy this way for years. Use whichever breakfast sausage you like, and adjust the seasonings to your taste.

Storage & Reheating

- **Refrigerator:** Store leftover sausage gravy in an airtight container in the refrigerator for up to 3–4 days.
- **Freezer:** Freeze cooled gravy in a freezer-safe container for up to 2 months for best quality.
- **Reheating:** Reheat gently in a saucepan over medium-low heat, stirring occasionally. Add a splash of water or milk if the gravy has thickened too much. Heat thoroughly to 165°F.

Leftover safety, the USDA way: Refrigerate within 2 hours · Enjoy within 3–4 days · Freeze for up to 3–4 months · Reheat to 165°F. USDA: Leftovers and Food Safety: fsis.usda.gov

Hack It Again

Cook once, eat twice

Turn the leftovers into tomorrow's lunch. Less waste, less money, less thinking.

- **Breakfast Toast ~100 cal**
  Spoon warmed sausage gravy over toasted whole-grain bread for a quick breakfast.
- **Breakfast Potato Bowl ~150 cal**
  Top roasted breakfast potatoes with warm sausage gravy and a sprinkle of black pepper.
- **Gravy Breakfast Scramble ~120 cal**
  Spoon a little warmed sausage gravy over scrambled eggs for a savory breakfast.
- **Open-Faced Breakfast Sandwich ~160 cal**
  Top half a toasted English muffin with a scrambled egg and a spoonful of sausage gravy.

Real Food. Simple Swaps. Healthier Plates.

Rate this recipe and find more simple swaps at thecaloriehacker.com