

Biscuits and Gravy

This recipe makes about 16 cups of gravy and 10 biscuits



Ingredients

2 lb sausage
10 southern style biscuits-canned
1 ½ cup flour
8 cups milk (whole works best)

Optional: pepper, paprika, salt, and garlic salt

Directions:

1. Preheat the oven to 375 degrees
2. Cook and drain sausage, then rinse with hot water to remove some of the fat
3. Bake biscuits for 8-10 minutes, until golden brown
4. In a large frying pan, heat 8 cups of milk.
5. Remove $\frac{3}{4}$ - 1 cup of warmed milk from the pan and mix with 1 ½ cup flour to make a rue
6. Add rue back into the saucepan and bring to a low boil until milk thickens
7. Add the cooked sausage, reduce the heat, and stir. Remove from heat
8. Add parchment paper to your trays
9. Spread the sausage gravy evenly on your trays
10. Place dividers (if you choose). We like to use 10 portions per tray
11. Cut each biscuit into 16 pieces and put one cut-up biscuit per divider portion. We like 10 portions
12. Freeze Dry (my cycle time was 37 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 of your 10 divider portions of sausage gravy to a bowl and 1 of the 10 divider portions of cut-up biscuits to a separate bowl. If you are not using dividers, measure about 1 ½ cups of chunky freeze-dried sausage gravy into one bowl and 2 cups of biscuit chunks into a separate bowl. Add 1 ½ cups of boiling water to the bowl with the sausage gravy and stir. Then add the chopped biscuits to the bowl with the sausage gravy and water, stir, and cover for 5 minutes. Uncover and give it a good stir; cover for about 4 more minutes. Enjoy

Notes:

Rehydrates well in a mylar bag. Great for camping or road trips

Nutritional Value Per 1 ½ cups gravy and 1 biscuit

Calories: 512 Protein: 22 g Fat: 33 g Carbohydrates: 29 g Sugar: 11 g Fiber: 0 g