



REAL BALANCED · TONIGHT'S DINNER

biscuits and gravy casserole

PREP 20 MIN · COOK 45 MIN · TOTAL 75 MIN · SERVES 8

This Biscuits and Gravy Casserole takes everything people love about a classic Southern breakfast and turns it into one simple bake. You get biscuit pieces, creamy sausage gravy, eggs, and cheese all layered together in a dish that feeds a crowd without extra

INGREDIENTS

- ☐ 1 pound pork breakfast sausage
- ☐ 2 Tablespoons butter
- ☐ 5 Tablespoons flour
- ☐ 3 cups whole milk
- ☐ ½ teaspoon salt
- ☐ ½ teaspoon coarse-ground pepper (plus more to taste)
- ☐ 1 can (8-count) refrigerated biscuits, uncooked (each cut into 4 pieces)
- ☐ 1 cup shredded cheddar cheese
- ☐ 6 large eggs
- ☐ ½ cup whole milk
- ☐ ½ teaspoon salt
- ☐ ¼ teaspoon coarse-ground pepper

MAKE IT

1. **Preheat Oven:** Preheat oven to 350 °F and grease a 9×13-inch baking dish with cooking spray.
2. **Cook Sausage:** In a large skillet over medium heat, brown 1 pound pork breakfast sausage, breaking it up as it cooks. Once it's cooked through, scoop out about ¾ of the sausage and set it aside, leaving the rest and all of the grease in the pan (don't drain it).
3. **Make Gravy:** Add 2 Tablespoons butter to the pan and let it melt. Sprinkle 5 Tablespoons flour over the sausage and stir for a minute or two. Slowly pour in 3 cups whole milk while whisking. Add ½ teaspoon salt and ½ teaspoon coarse-ground pepper and keep whisking until the gravy thickens. Remove from the heat and set aside until ready to assemble.
4. **Layer Casserole:** Spread biscuit pieces evenly across the bottom of the prepared baking dish. Sprinkle 1 cup shredded cheddar cheese and reserved sausage over the top.
5. **Add Egg Mixture:** In a medium bowl, whisk together 6 large eggs, ½ cup whole milk, ½ teaspoon salt, and ¼ teaspoon coarse-ground pepper. Pour mixture evenly over biscuits.
6. **Add Gravy:** Spoon about 2 cups of sausage gravy over the top. Save the rest for serving.
7. **Bake:** Bake for 40-45 minutes, or until the biscuits are deep golden brown and the eggs are cooked through.
8. **Rest and Serve:** Let casserole sit for 10 minutes before slicing. Serve with extra gravy spooned over the top.

PER SERVING 585 calories 24 g protein 37 g carbs 1 g fiber 38 g fat 1400 mg sodium

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