

Sausage Gravy Bowl

Recipe makes 6 meals

Ingredients

1 lb Regular Ground Sausage
2 lbs Potatoes, diced
32 oz Liquid Egg Whites
2.5 oz packet Country Gravy
1.5 Tbsp Butter
1 tsp Garlic Powder
1/2 tsp Black Pepper
1/2 tsp Onion Powder
Non-Stick Cooking Spray
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 500

Fat - 24g

Carbohydrates - 42g

Protein - 29g

**Estimated Cost
Per Meal**

\$2.11

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Instructions

1. Start by placing your breakfast potatoes in the air fryer (or on a sheet pan if cooking in the oven). Spray and toss with a little non-stick cooking spray and cook at 400°F for 20-30 minutes or until golden brown. You can also cook them in a large skillet over medium-high heat if you prefer.

2. While your potatoes are cooking, heat a large skillet over medium heat. Spray with a little non-stick cooking spray and pour in your liquid egg whites. Cook until fully formed, stirring occasionally. When done, season with salt and pepper and set aside.

3. Heat a second skillet over medium-high heat and start browning your sausage, breaking it up as much as possible while it cooks.

4. When your sausage is nicely browned and cooked through with no pink remaining, transfer to a bowl or plate and set aside.

5. Using the same skillet that you cooked your sausage in, reduce the heat to medium and add in your country gravy packet and immediately add in 2 cups of cold water. Add 1 tsp of garlic powder, 1/2 tsp black pepper, and 1/2 tsp onion powder. Stir constantly while this cooks and thickens.

6. Once your gravy has thickened, add your cooked sausage to the gravy along with 1.5 Tbsp of butter. Stir until butter is melted then remove from heat.

7. When your potatoes are done cooking, transfer to a large mixing bowl and toss with salt and pepper to preference. Portion them out into your meal containers along with your eggs and top with your sausage gravy.

8. Enjoy!

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Notes

- If you prefer to use fresh potatoes, simply dice 2 lbs of potatoes into bite size pieces and boil in a large pot until fork tender. Once that is done they are ready to be cooked in the oven or air fryer following the instructions in this recipe.
- For those of you wanting to tweak this and serve the sausage gravy over biscuits, the calories and macros for JUST the sausage, gravy, and butter are below. Simply use these numbers and add them to the numbers for the biscuits that you use and divide your total by your number of servings.

Calories - 1,730

Fat - 143

Carbs - 52

Protein - 62

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.

