

# Herbed Sausage Gravy Over Cheese Biscuits

*Lynn Crosby - Homerville OH*

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## Servings: 4

*2 1/4 cups all-purpose flour*  
*3 teaspoons baking powder*  
*1/2 teaspoon salt*  
*1/2 cup 2% milk*  
*1/4 cup canola oil*  
*1/2 teaspoon dried oregano*  
*1 ounce part-skim mozzarella cheese*  
*cut into eight 1/2-inch cubes*  
*water*

## GRAVY

*1/2 pound bulk pork sausage*  
*3/4 cup 2% milk*  
*1 teaspoon dried oregano*  
*1/4 cup all-purpose flour*  
*1 cup cold water*

## Preparation Time: 20 minutes

## Bake Time: 15 minutes

Preheat the oven to 450 degrees.

In a bowl, whisk the flour, baking powder and salt. Stir in the milk and oil, just until moistened. Turn onto a lightly floured surface. Knead gently eight to ten times. Roll to one-half-inch thickness. Cut with a floured 2-1/2-inch biscuit cutter.

Place a pinch of oregano in the center of each biscuit. Top with a cheese cube. Moisten the edge of the dough with water and pull up over the cheese, forming a pouch. Pinch tightly to seal. Place seam side down on a lightly greased baking sheet, pressing lightly with the hand.

Bake until golden brown, 12 to 15 minutes.

Meanwhile, in a large skillet, cook the sausage over medium heat until no longer pink. Drain. Stir in the milk and oregano.

In a bowl, mix the flour and water until smooth. Add to the sausage mixture. Bring to a boil. Cook and stir until thickened, about 2 minutes.

For each serving, spoon about one-third cup of gravy over two biscuits.

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Per Serving (excluding unknown items): 446 Calories; 16g Fat (32.3% calories from fat); 11g Protein; 64g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 674mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.