

Turkey Sausage Gravy

Ingredients:

1 Tablespoon + teaspoon ghee, or butter, divided
1 pound ground turkey
1 1/2 teaspoons ground sage
1 teaspoon chili powder
1/8 teaspoon allspice
1 teaspoon salt
1/4 cup finely chopped onion
1 clove garlic, minced
1 Tablespoon arrowroot powder*
3/4 cup chicken stock
1 can (13.5 ounces) coconut milk
1/4 teaspoon nutmeg
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
Freshly ground pepper
Flat-leaf parsley, chopped

Directions:

Add 1 teaspoon ghee to a skillet over high heat. Add ground turkey and sage, chili powder, 1 teaspoon salt, and allspice. Brown, breaking meat apart with the back of a spoon.

Once browned, remove meat from skillet with a slotted spoon and set aside. Drain juices from pan. Return to burner, over medium heat. Add tablespoon of ghee and onion. Sauté until translucent, tender, and golden, about 5 minutes. Add minced garlic and arrowroot. Whisk and cook for about 1 minute, or until bubbly. Whisk in chicken stock, ensuring there are no lumps. Cool for an additional minute, until thickened and bubbly. Add coconut milk, remaining spices, and turkey. Cook for an additional 5 minutes, or until thickened. Serve over roasted potatoes.

*Use a different thickener (corn starch, gluten free flour, etc.) if you choose to sub milk for the coconut milk. Arrowroot + dairy = gumminess = not so good gravy.

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