

Sausages and Onion Gravy

Serves: 1

Prep time: 10 minutes

Cooking time: 10 minutes



Ingredients:

- 3 thick sausages
- oil
- 1 small brown onion
- 1 tablespoon plain flour
- 1 cup beef stock
- 1 tablespoon tomato sauce
- dash Worcestershire sauce
- salt and pepper

Method:

- Heat oil in pan
- Add sausages and turn while cooking, till cooked and brown all over. Remove from pan
- Peel and slice onion and pan fry till golden brown
- Add flour, stir and cook for 1-2 minutes
- Slowly add beef stock, tomato sauce and Worcestershire sauce, keep stirring (to prevent lumps) till gravy thickens
- Season with salt and pepper
- Return the sausages to the pan, reheat and serve

Serve with a side of toast or with vegetables of choice