


INGREDIENTS

- 12 Pork Sausages, fresh or frozen Bulk, Link, or Patty, Market Style, Raw (3.2 ounces each link)
- 2 Pounds Potatoes (peeled and quartered)
- ¼ Cup Butter
- ½ Cup Milk (warm)
- 1 Cup Onion (sliced)
- 1 Tablespoon Plain Flour (enriched or whole grain rich)
- ½ Cup Beef or Vegetable Stock
- Salt and Black Pepper (to taste)

DIRECTIONS

1. Preheat oven to 400° or heat a little oil in a frying pan over medium heat. Cook sausages for 20-25 minutes, turning occasionally, until golden brown and cooked through.
2. Place the peeled and quartered potatoes in a large pot of salted cold water. Bring to a boil and cook for 15-20 minutes, or until very tender. Drain well.
3. Return the drained potatoes to the hot pot. Add the butter and warm milk. Mash until smooth and creamy. Season with salt and pepper to taste. Keep warm.
4. While potatoes are cooking, heat a little oil or butter in a saucepan. Add the sliced onion and cook over medium heat, stirring occasionally, until softened and caramelised (about 10-15 minutes).
5. Stir the flour into the onions and cook for 1 minute. Gradually whisk in the stock, bringing the mixture to a simmer. Cook, stirring, until the gravy thickens. Season with salt and pepper.
6. Place a generous portion of mashed potatoes on each plate. Top with sausages and spoon the hot onion gravy over everything.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE



YIELD

12 Sausages +
5 Cups Potatoes

PORTION SIZES

Toddler:	½ Sausage + ⅛ Cup Potatoes
Preschool:	½ Sausage + ¼ Cup Potatoes
School Age:	¾ Sausage + ½ Cup Potatoes
Adult:	¾ Sausage + ½ Cup Potatoes