

## Vegetables and Gravy



Makes 4 servings

10 minutes prep, 20 minutes cooking

Recipe courtesy of:

<https://www.budgetbytes.com/vegetables-and-gravy/>

### Ingredients

- 1.5 lbs russet potatoes
- 2 cups vegetable broth
- 1 cup milk
- 1/4 cup all-purpose flour
- 2 Tbsp soy sauce
- 1/2 tsp dried thyme
- 1/2 tsp dried sage
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp freshly cracked black pepper
- 12 oz. frozen mixed vegetables
- 2 Tbsp butter
- 1/2 tsp salt (or to taste)

### Preparation

- Peel and cube the potatoes into 3/4-inch pieces.
- Add the cubed potatoes to a large pot with the vegetable broth. Cover the pot, turn the heat on to medium-high, and allow the broth to come up to a boil.
- Continue to boil the potatoes until they are fork-tender.
- While the potatoes are boiling, whisk together the milk and flour.
- Once the potatoes are tender, turn the heat down to medium and add the flour and milk slurry. Also add the soy sauce, thyme, sage, onion powder, garlic powder, and pepper.
- Allow the liquid in the pot to come back up to a simmer, at which point it will thicken to a gravy.
- Add the frozen vegetables to the pot, stir to combine, then allow them to heat through.
- Stir the butter into the gravy until melted and combined. Give the gravy a taste and add salt, pepper, butter or other seasonings to your liking
- Enjoy!

## Homemade Biscuits



Makes 6 servings

15 minutes prep, 12 minutes cooking

Recipe courtesy of:

<https://sugarspunrun.com/easy-homemade-biscuits/>

### Ingredients

- 2 cups all-purpose flour (250g)
- 1 Tablespoon baking powder
- 1 Tablespoon granulated sugar
- 1 teaspoon salt
- 6 Tablespoons unsalted butter very cold (85g), unsalted European butter is ideal, but not required
- $\frac{3}{4}$  cup whole milk<sup>1</sup> (177ml) buttermilk or 2% milk will also work

### Preparation

- Preheat the oven to 425F and line a cookie sheet with nonstick parchment paper. Set aside.
- Combine flour, baking powder, sugar, and salt in a large bowl and mix well. Set aside.
- Use a box grater to shred the butter into small pieces and then add to the flour mixture and stir. The mixture should resemble coarse crumbs
- Add milk, use a wooden spoon or spatula to stir until combined (don't overwork the dough).
- Transfer your biscuit dough to a well-floured surface and use your hands to gently work the dough together.
- Once the dough is cohesive, fold in half over itself and use your hands to gently flatten layers together. Rotate the dough 90 degrees and fold in half again, repeating this step 5-6 times but taking care to not overwork the dough.
- Use your hands to flatten the dough to 1" thick and lightly dust a 2  $\frac{3}{4}$ " round biscuit cutter with flour.
- Cut the dough into biscuits shapes using a mason jar and drop it onto the baking sheet (place less than  $\frac{1}{2}$ " apart on baking sheet)
- Once you have gotten as many biscuits as possible out of the dough, gently re-work the dough to get out another biscuit or two.
- Bake for 12 minutes or until tops are beginning to just turn lightly golden brown.
- Enjoy!