

DINNER

Roast Turkey with Sausage Gravy

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$1.79	515 kcal

Roast Turkey with Sausage Gravy is a main course that serves 12. One serving contains 515 calories, 73g of protein, and 20g of fat. For \$1.79 per serving, this recipe covers 32% of your daily requirements of vitamins and minerals. It is a good option if you're following a dairy free diet.

Ingredients

- ☐ ¾ teaspoon black pepper, divided
- ☐ 2 tablespoons cornstarch
- ☐ 1/3 cup all-purpose flour
- ☐ 2 cups chopped onion
- ☐ 12 sage sprigs
- ☐ 12 thyme sprigs
- ☐ 1 tablespoon water
- ☐ 1 cup chopped celery
- ☐ 5 cups fat-free, less-sodium chicken broth, divided
- ☐ 7 ounce sweet Italian turkey sausage, casings removed
- ☐ 8 rosemary sprigs
- ☐ 4½ teaspoons salt, divided
- ☐ 12 pound fresh or frozen turkey, thawed

EQUIPMENT Frying pan, Sauce pan, Oven, Whisk, Roasting pan, Kitchen thermometer, Aluminum foil, Ziploc bags, Kitchen twine

Method

- 1

Remove the giblets and neck from turkey, and reserve them for Homemade Turkey Stock. Rinse turkey with cold water; pat dry. Trim the excess fat.

- 2 Sprinkle 4 teaspoons salt over the turkey and in body cavity; refrigerate, uncovered, 24 hours.
- 3 Preheat oven to 32
- 4 Rinse the turkey with cold water; pat dry. Stuff body cavity with onion, celery, herbs, and 1/4 teaspoon pepper. Lift wing tips up and over back; tuck under turkey. Tie legs together with kitchen string.
- 5 Place turkey, breast side up, on a roasting rack in a roasting pan. Insert a meat thermometer into meaty part of thigh, making sure not to touch bone.
- 6 Sprinkle turkey with 1/2 teaspoon salt and 1/2 teaspoon pepper. Cover breast with foil.
- 7 Bake at 325 for 2 hours, basting turkey with 1/3 cup broth every 30 minutes.
- 8 Remove foil; bake an additional 1 3/4 hours or until thermometer registers 180, basting turkey with broth every 30 minutes.
- 9 Remove turkey from oven. Cover turkey loosely with foil, and let stand for 30 minutes before carving. Reserve pan drippings. Discard skin.
- 10 Cook the sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- 11 Drain and set sausage aside.
- 12 Place a zip-top plastic bag in a 2-cup measure.
- 13 Pour drippings into bag; let stand 10 minutes (fat will rise). Seal bag, and snip 1 bottom corner.
- 14 Drain into a medium saucepan; stop before fat reaches opening. Reserve 1 tablespoon fat; discard remaining fat. Cook reserved fat and flour in roasting pan over medium heat 1 minute; stir constantly with a whisk.
- 15 Add drippings, 3 cups broth, and sausage.
- 16 Combine cornstarch and water; add to pan. Bring to a boil. Cook 2 minutes or until thick; stir constantly.

Nutrition per serving

515

KCAL

73 g

PROTEIN

20 g

FAT

8 g

CARBS

Saturated Fat	5.3 g · 33% of daily needs
Fibre	1.1 g · 4% of daily needs
Sugar	2.1 g · 2% of daily needs
Sodium	1,781 mg · 77% of daily needs
Cholesterol	241 mg · 80% of daily needs
Vitamin C	8.9 mg · 11% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roast-turkey-with-sausage-gravy-148558