

# Bangers and Mash with Onion Gravy

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/bisto-gravy-south-africa-recipe>

## Ingredients:

- 1 1/4 pounds bangers Irish, or bratwurst, See Tip 1
- 1 1/2 pounds russet potatoes peeled and cut into slices
- kosher salt unchecked?
- freshly ground black pepper unchecked?
- 7 tablespoons unsalted butter divided
- 1/4 cup milk
- 2 large onions peeled and thinly sliced, about 3 cups
- 1 1/2 cups low sodium beef broth See Tip 2
- 1 tablespoon Worcestershire sauce
- 1 1/2 tablespoons bisto or Cornstarch

## Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 205 milligrams
4. Fat: 83 grams
5. Fiber: 3 grams
6. Protein: 39 grams
7. SaturatedFat: 34 grams
8. Sodium: 2820 milligrams
9. Sugar: 6 grams
10. TransFat: 3 grams

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