

Creamed Beef and Biscuits

Joe Ranos

Makes 10 servings.

Prep Time: 40 minutes

2 pounds Ground beef, thawed	1/2 teaspoon Pepper
1 packet Onion soup mix, Aldi brand	1 cup Milk, 2% lowfat
2 Beef bouillon cubes	1 1/3 quarts Water, warm
1/4 cup Flour, GP sifted	1 teaspoon Worcestershire sauce
1/2 teaspoon Salt	

1. Cook beef in saucepan until browned and beef loses its pink color, stirring to break apart. Drain off excess fat.
2. Combine flour, salt, pepper, and onion soup mix. Sprinkle over ground beef, mix thoroughly, cook over low to medium heat 5 minutes until flour is absorbed.
3. Heat up water and bouillon cubes. Ensure cubes are dissolved.
4. Add milk, water, and Worcestershire sauce to beef mixture. Heat to a simmer, stirring frequently. Cook until thickened.
5. Serve hot over biscuits, toast, eggs, or potatoes to taste.
6. Any leftovers can be used to fill sandbags for floods, or used as concrete base in housing foundations.

Biscuits can be substituted with bread, potatoes, or eggs to taste.

Main Dishes