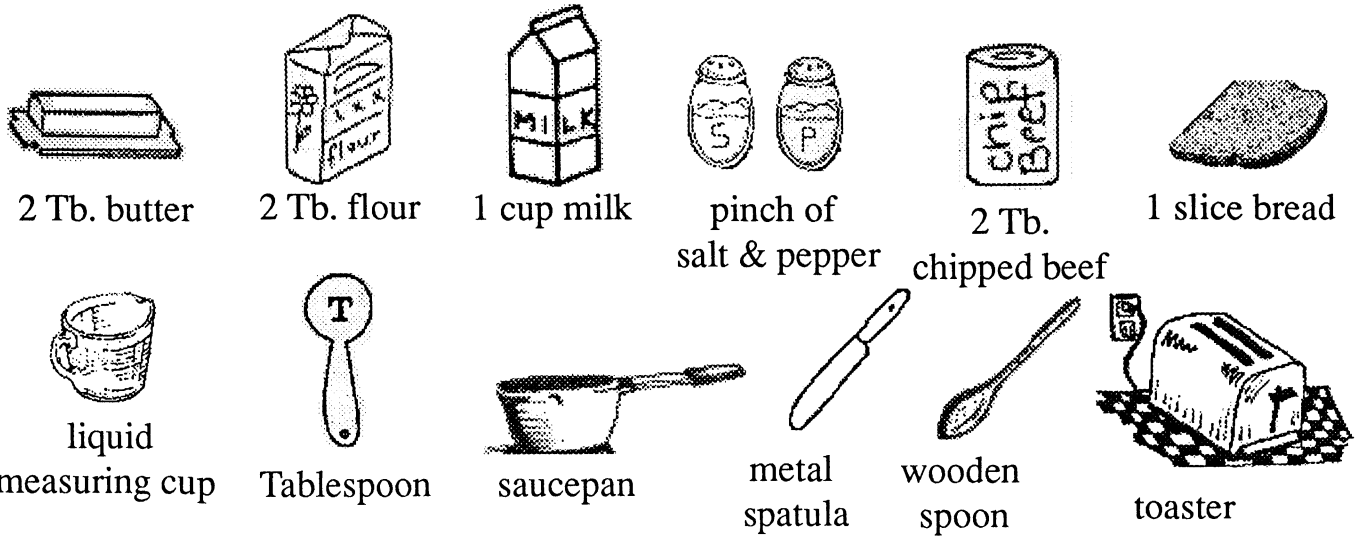
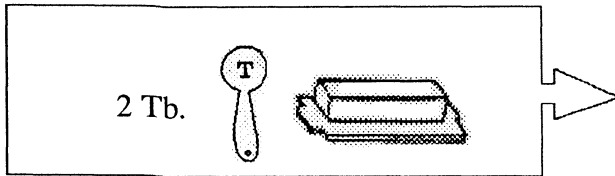


Creamed Chipped Beef

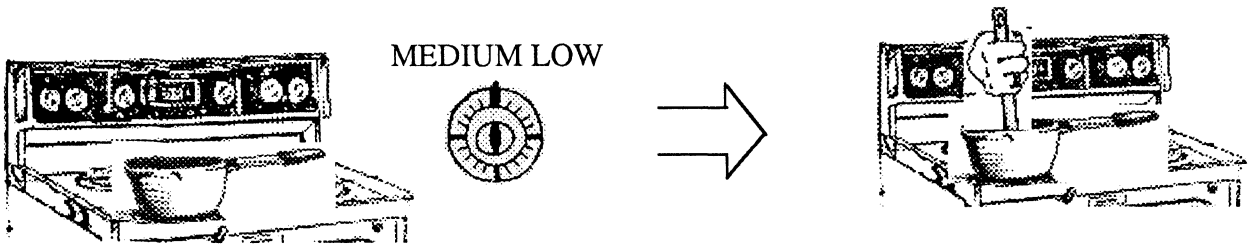
You Need:



1.

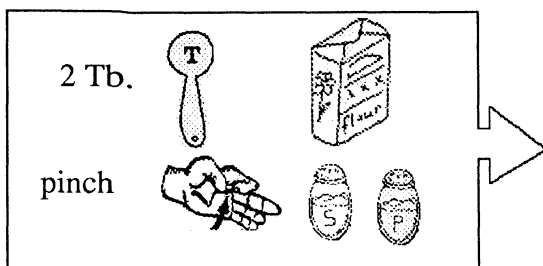


Measure 2 Tb. butter and put in saucepan.



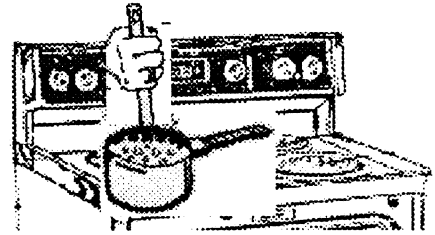
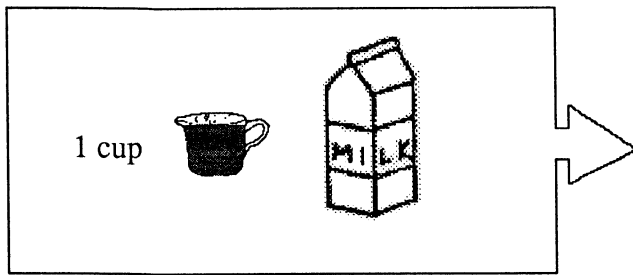
Put pan on stove. Turn stove to MEDIUM LOW heat. Melt butter.

2.



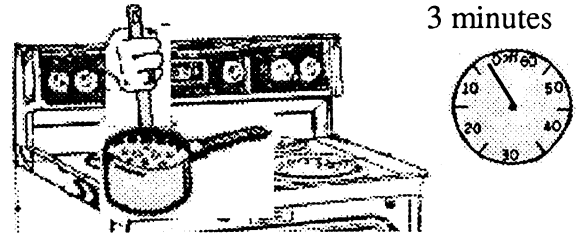
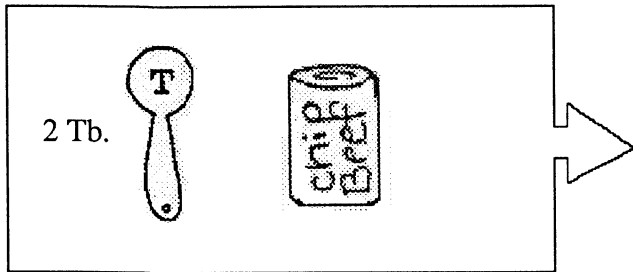
Measure 2 Tb. flour and a pinch of salt and pepper to saucepan. Stir into melted butter.

3.

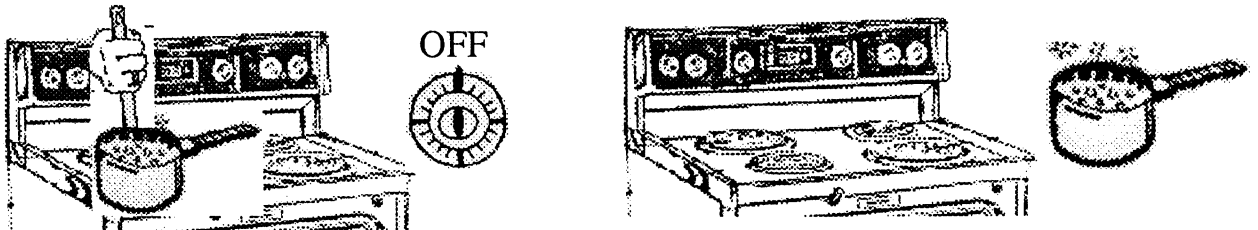


Gradually add 1 cup milk and stir until thickened.

4.

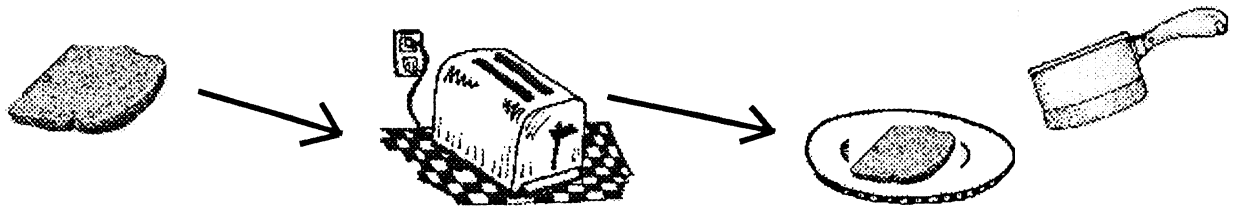


Measure 2 Tb. chipped beef. Stir into white sauce. Cook for 3 minutes.



Turn stove OFF. Take off heat.

5.



Toast 1 slice of bread. Put bread on plate, top with creamed chipped beef.

CREAMED CHIPPED BEEF

You Need:

2 Tb. butter
2 Tb. flour
pinch of salt and pepper
1 cup milk
2 Tb. chipped beef
1 slice bread
toaster
saucepan
wooden spoon
Tablespoon
metal spatula
liquid measuring cup

1. Measure 2 Tb. butter and put in saucepan. Put pan on stove. Turn stove to MEDIUM LOW heat. Melt butter.
2. Measure 2 Tb. flour and a pinch of salt and pepper to saucepan. Stir into the melted butter.
3. Gradually add 1 cup milk and stir until thickened.
4. Measure 2 Tb. chipped beef. Stir into white sauce. Cook for 3 minutes. Turn stove OFF. Take off heat.
5. Toast 1 slice of bread. Put bread on plate, top with creamed chipped beef.