

Creamed Chipped Beef

My mom used to make this recipe. It can also be made with 3/4 pound browned, drained hamburger. We called it SOS: Same Ole Stuff. Great comfort food! Either recipe is easy to make and tastes great with a cold beer. Serve over toast. Who remembers eating this nostalgic dish at Grandma's house? Creamed chipped beef may not be so common anymore, but this classic dish – made popular in the military for its filling, hearty use of dried beef – found itself a home on many Southern tables. The creamy, gravy-like white sauce rehydrates dried beef, and a pinch of black pepper gives this simplistic recipe a little depth of flavor. Although many folks like to serve creamed chipped beef over thick, golden slices of Texas toast, you can also spoon over warm buttermilk biscuits. Many folks remember it as breakfast back in the day, but we think it's a comforting weekend recipe to bring to the table every once in a while. Talk about a recipe that takes us back. Do you have any recipes from your childhood that you still crave? Chipped beef on toast is one of those recipes for me.

I know it's not fancy nor is it good for me but I still absolutely love it. My mom and dad made it for us often while we were growing up and it has always been one of my very favorite breakfasts. Since it's not good for any of us, I only make this recipe once a year, usually for my birthday. This year, I made it today, to celebrate my dad's 80th birthday. I wish he could have been here to eat it with us, but he was happy I made it in his honor. It tasted amazing like usual and we all gobbled it up. The only thing that would have made this breakfast better, is if I was eating it with my dad. Although not all former servicemen remembered it with fondness considering how much they had to eat the very economical meal. It could have been as much as 3 times a day for those away on ships having to ration food.

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Ingredients

1 jar dried beef, sliced into thin ribbons
4 tablespoons butter
4 tablespoons all-purpose flour
4 cups whole milk
Pepper to taste

Directions

Melt butter in a heavy pan over medium heat. Add flour to the pan and whisk for several minutes to remove the raw flour taste.

Slowly pour in milk and whisk continuously until a thick sauce forms. Add pepper to taste and stir in the dried beef. Serve over generously buttered toast.