
Chipped Beef and Eggs

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

3 tablespoons butter
1/4 cup onion, chopped
1/4 cup celery, sliced
2 1/2 ounces sliced processed beef, torn into pieces
3 tablespoons flour
2 1/4 cups milk
1/4 teaspoon dried leaf basil
dash Tabasco sauce
salt (to taste)
pepper (to taste)
6 hard-cooked eggs, sliced
6 toast triangles or patty shells

In a large skillet, melt butter. Add the onion and celery. Cook over low heat until tender.

Add the chipped beef and heat. Blend in the flour. Remove from the heat and stir in the milk, Tabasco and basil.

Return to the heat and stir over low heat until the mixture thickens and boils. Add the eggs and heat through.

Serve over toast triangles or in patty shells.

Beef

Per Serving (excluding unknown items): 125 Calories; 9g Fat (63.2% calories from fat); 4g Protein; 8g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.