

# Chip Beef in Sour Cream

Harriet Yeatts

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*1/2 pound chipped beef  
2 tablespoons butter  
1 pint sour cream  
1 can artichokes  
1/2 cup dry white wine  
1 heaping tablespoon  
Parmesan cheese  
dash cayenne*

Pull the beef into shreds. Place in a saucepan. Cover with water and par boil for a minute or two. Drain well.

In a saucepan, melt the butter over low heat. Add the sour cream. Stir until smooth.

Add the sliced artichokes, cayenne, beef, wine and cheese.

Serve over chinese noodles.

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Per Serving (excluding unknown items): 1727 Calories; 130g Fat (70.1% calories from fat); 87g Protein; 38g Carbohydrate; 7g Dietary Fiber; 368mg Cholesterol; 8462mg Sodium. Exchanges: 10 Lean Meat; 2 1/2 Vegetable; 1 1/2 Non-Fat Milk; 24 Fat.