
Creamed Beef

Sallie haley

Nettles Island Cooking in Paradise - 2014

Servings: 4

1 jar dried beef, cut into strips

1/4 cup butter

8 ounces fresh mushrooms (or one small can) (optional)

1 small onion (optional), minced

1/4 cup all-purpose flour

2 1/4 cups half-and-half

1 container (8 ounce) cream cheese, cubed

4 slices bread, toasted

In a skillet, melt the butter and saute' the mushrooms and onion until tender. Add the beef (extra butter may be needed). Add the flour and cook until golden brown.

Add the cream cheese and half-and-half all at once. Stir until smooth and thickened.

Serve over toast.

(Makes four generous servings.)

Beef

Per Serving (excluding unknown items): 493 Calories; 35g Fat (63.8% calories from fat); 24g Protein; 21g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 2391mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 6 Fat.