



SOS Creamed Hamburger Gravy

Jacob · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

4

Description

This SOS recipe is always requested by my kids when they come and visit I spent 20 years of my 28 years in the Air Force in the dining hall I think I have perfected SOS Creamed Hamburger Gravy Its simple and quick Serve on toast shingle or biscuits or hash brown potatoes I know leaving the grease in is unhealthy but it makes it tasty If you use anything other than hamburger drain the fat

Ingredients

- - 1 pound ground beef - 2 cubes chicken bouillon
- crumbled - ½ teaspoon garlic powder - ½ teaspoon ground black pepper - ¼ teaspoon onion powder - ½ cup all-purpose flour - 1 ½ cups low-fat milk

Instructions

1. Heat a large skillet over medium-high heat; stir in the ground beef
2. chicken bouillon
3. garlic powder
4. black pepper
5. and onion powder. Cook and stir until the beef is crumbly
6. evenly browned
7. and no longer pink
8. about 7 minutes. Stir in the flour and cook for 3 minutes
9. stirring constantly. Stir in the milk and bring to a simmer
10. stirring constantly. Reduce heat to medium-low
11. and simmer 5 minutes to thicken.