



Army SOS Creamed Ground Beef

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

6

Description

My aunt used to serve this to her husband a retired Army colonel and she said he never got tired of it

Ingredients

— - 1 pound ground beef - $\frac{1}{4}$ cup all-purpose flour - 1 cube beef bouillon - $\frac{3}{4}$ teaspoon salt - 1 pinch ground black pepper - 2 $\frac{1}{4}$ cups milk - $\frac{1}{4}$ teaspoon Worcestershire sauce

Instructions

1. Brown beef in a large skillet over medium high heat. Stir in flour
2. bouillon
3. salt and pepper. Saute all together for about 5 minutes or until flour is absorbed. Gradually stir in milk and Worcestershire sauce. Bring all to a simmer
4. stirring constantly. Cook until thickened
5. about 5 to 10 minutes. Serve hot!