



US Navy Minced Beef On Toast

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

10

Description

In the Navy this is served over toast at breakfast

Ingredients

- - 1 ½ pounds lean ground beef - 2 onions
- chopped - salt and pepper to taste - 5 tablespoons all-purpose flour - 2 (8 ounce) cans peeled and diced tomatoes with juice - 1 (5.5 ounce) can tomato juice - 2 cups hot water - ½ teaspoon ground nutmeg - ½ teaspoon granulated sugar

Instructions

1. In a large skillet over medium heat
2. cook the ground beef and onions until beef is evenly browned; do not drain. Season with salt and pepper to taste. Stir in flour 1 tablespoon at a time
3. until beef juices have been absorbed. Stir in tomatoes
4. tomato juice
5. and water. Simmer on low heat to thicken. Stir in nutmeg and sugar; simmer until flavors are blended well.