

CREAMED CHIPPED BEEF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
169 cal	12 g	13 g	7 g	15 mg	1219 mg	110 mg

Ingredient

BEEF,CHIPPED,DRIED,CHOPPED
 WATER,WARM
 MILK,NONFAT,DRY
 WATER,WARM
 MARGARINE,SOFTENED
 FLOUR,WHEAT,GENERAL PURPOSE
 PEPPER,BLACK,GROUND

Weight

7 lbs
 8-1/3 lbs
 1-3/4 lbs
 31-1/3 lbs
 1-1/2 lbs
 2-1/4 lbs
 1/2 oz

Measure

1 gal
 3 qts
 3 gal 3 qts
 3-1/8 cup
 2 qts
 2 tbsp

Issue

Method

- 1 Separate dried beef slices, cut into 1-inch slices.
- 2 Place beef in 190 F. water. Soak 5 minutes. Drain thoroughly.
- 3 Reconstitute milk. Heat to just below boiling. DO NOT BOIL.
- 4 Combine butter or margarine with flour and pepper; add to milk, stirring constantly. Cook 5 minutes until thickened.
- 5 Add beef to sauce; blend well. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.