



**NEW EPISODES
MONDAYS
AT NOON EST**

"SOS: Army vs. Navy" The Traditional Army Version

**1 lb ground beef
1/4 cup flour
1 cube beef bouillon
3/4 tsp salt
Pinch ground pepper
2 1/4 cups milk
1/4 tsp Worcestershire sauce**

Cook beef in large skillet over medium high heat. Stir in flour, bouillon, salt and pepper. Sauté together for about 5 minutes or until flour is absorbed. Gradually stir in milk and Worcestershire sauce. Bring all to a simmer, stirring constantly. Cook until thickened, about 5-10 minutes, serve hot.

Tastes great over homemade biscuits!