

## CREAMED CHIPPED BEEF ON TOAST AND A SERIOUS CASE OF THE BLOGGER BLUES!

*Creamed Chipped Beef on Toast is an easy, budget friendly meal. Dried beef covered with a rich, thick pan gravy, served on buttered toast with eggs makes this dish pure comfort food! Perfect for breakfast or dinner.*



I'm sending out an SOS to all my faithful readers. This girl is feeling, overwhelmed, underpaid, distracted, and uninspired! I'm in a serious blogger funk!!

Life has gotten the better of me the past few months, facilitating my dire case of blogger blues. We have MOVED...again, and no matter which way you slice it, moving sucks!

Despite my best efforts, I find myself spent after the feelings of dread and all the preparation and emotional angst that goes with moving to a new city or state. Months of sorting and packing, saying goodbye to family and friends, changing address and contact information associated with all my business, banking and social networking accounts (which takes for FREAKING ever), moving out day, cleaning the old house, cleaning the new house, moving in day,

unpacking box, after box, after box, of our “stuff”, finding new doctors and dentist, and finally, hoping the kids and grandkids that we left behind in Colorado, stay healthy and safe, and that our youngest children assimilate into their new school without too many bumps and bruises, not to mention, finding a good church and new friends. Whew!

Sadly, it's been months since I spent time in the kitchen creating new recipes. We've been in our new home for about three months and every time I cook a meal for the family I think to myself, “I should take a photo and post the recipe tomorrow” and then, I don't! I just can't wrap my head around all the work that goes into a blog post while still organizing my new surroundings.

As a way to get myself out of the funk, I'm hoping to spend some time at my local farmers markets and then get back to my kitchen for a new round of, At Home with Rebecka food blogging. If I can kick myself into gear, I'd like to start with some fresh California produce and *seafood* for my first several blog installments.

## **HOWEVER, TODAY, YOU'LL BE GETTING ONE OF MY ALL TIME FAVORITE COMFORT FOOD RECIPES, CREAMED CHIPPED BEEF ON TOAST.**

It's easy to make, tastes delicious and is as good as any jumping off point, for my first recipe blog post in California!





Creamed Chipped Beef on Toast

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Serves 2

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Prep Time

5 min

Cook Time

12 min

Total Time

17 min

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5 min

Cook Time

12 min

Total Time

17 min

Ingredients

1. 1 jar dried beef (15 slices)
2. 1/4 butter
3. 1/4 cup flour
4. 2 cups milk
5. 1/8 teaspoon paprika
6. salt and pepper to taste
7. 4 slices whole wheat or white toast, buttered

## Instructions

1. Slice 15 rounds of beef into thin strips
2. In a saucepan over medium heat, melt butter
3. Add flour and whisk to make roux, about 1 minute
4. Add paprika, salt and pepper, blend
5. Slowly whisk in milk until combined, continue whisking until mixture is thick and bubbly
6. Evenly distribute over toast, serve immediately

## Notes

1. Dried beef contains a great deal of salt, some recommend cutting the salt by soaking the meat in water prior to use. I prefer not to soak the meat in water to keep the texture sound. In my opinion, milk cuts the salt perfectly, taste before adding more.

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>

Served by my mother when I was a youngster, creamed chipped beef on toast is filled with a mouthful of memories.

My dad fondly called it “shit on a shingle”, slang picked up during his Air Force veteran days. Other popular acronyms for Creamed Chipped Beef: “Save Our Souls,” “Save Our Ship,” “Sink Our Ships,” “Survivors On Ship,” “Save Our Sailors” “Stop Other Signals” “Sink Or Swim”, “Send Out Sailors”, “Save Our Skins”, and “Send Out Someone” , all derived from the *Morse code distress signal* (. . . - - - . . .)

