



Military S.O.S. Feasty Style

READY IN



30 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons beef bouillon from cube
- 2 teaspoons butter
- 1 pound extra-lean ground beef
- 1 cup flour all-purpose sifted
- 12 ounce maple sausage flavored
- 4 cups milk
- 6 slices bread white

Equipment

frying pan

whisk

Directions

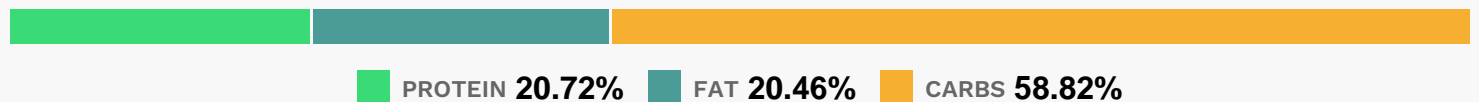
Melt butter in a large skillet over medium-high heat.

Add ground beef and maple sausage, and cook until no longer pink. Gradually mix in flour, while stirring continuously, until the mixture is thick and pasty. You may not need all of the flour. Slowly whisk in the milk using a fork so that lumps do not form. Stir in bouillon. Continue cooking and stirring constantly until the mixture reaches your desired consistency. The longer it cooks, the thicker it will get.

Toast slices of white bread, and top with the meat gravy.

Garnish with a little fresh parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:37.1, Inflammation Score:-5, Nutrition Score:23.702173652856%

Nutrients (% of daily need)

Calories: 509.66kcal (25.48%), Fat: 11.44g (17.6%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 74g (24.67%), Net Carbohydrates: 72.86g (26.5%), Sugar: 43.19g (47.99%), Cholesterol: 69.97mg (23.32%), Sodium: 253.31mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.13%), Manganese: 1.61mg (80.42%), Vitamin B2: 1.23mg (72.36%), Vitamin B12: 2.58µg (42.93%), Selenium: 29.14µg (41.62%), Phosphorus: 365.34mg (36.53%), Zinc: 5.28mg (35.19%), Vitamin B3: 6.8mg (34.02%), Calcium: 325.06mg (32.51%), Vitamin B1: 0.45mg (29.99%), Vitamin B6: 0.43mg (21.4%), Iron: 3.67mg (20.4%), Potassium: 685.97mg (19.6%), Folate: 69.74µg (17.43%), Magnesium: 59.46mg (14.86%), Vitamin B5: 1.32mg (13.2%), Vitamin D: 1.86µg (12.43%), Vitamin A: 305.42IU (6.11%), Copper: 0.12mg (6.04%), Fiber: 1.14g (4.55%), Vitamin E: 0.4mg (2.66%)