

# Creamed Chipped Beef

Yield: 5 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-chipped-beef-swiss-cheese-recipe>

## Ingredients:

- 5 ounces chipped beef dried
- 3 1/2 cups half and half or milk or cream
- 3 tablespoons all purpose flour
- 1/3 cup unsalted butter
- freshly ground pepper to taste

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 120 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 20 grams
8. Sodium: 860 milligrams
9. Sugar: 1 grams

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