

Creamed Chipped Beef Gravy

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-chipped-beef-gravy-recipe>

Ingredients:

- 6 ounces chipped beef
- 5 tablespoons butter
- 1 medium onion chopped
- 4 tablespoons flour
- 2 3/4 cups milk
- 1 cup sour cream
- 4 ounces canned mushrooms drained
- 8 ounces shredded cheddar cheese
- 2 tablespoons dried parsley

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 175 milligrams
4. Fat: 50 grams
5. Fiber: 1 grams
6. Protein: 38 grams
7. SaturatedFat: 30 grams
8. Sodium: 1810 milligrams
9. Sugar: 15 grams

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