

## U S Navy SOS.

Dice half of a med onion, add to a pound of 80/20 ground chuck. Cook until brown in heavy skillet. Add 2 tbs flour, stir to be absorbed by meat. Add 1/2 stick butter, stir. Add 2 cups milk a little at a time, constantly stirring. Add salt, pepper to taste. Now add about 1/2 tsp of nutmeg, stir more.

Serve over toasted bread, or if you prefer, hot biscuits.

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