



From: [REDACTED]

1.5 lbs ground beef, browned

1 large white onion, diced

1 large green bell pepper, diced

2 T brown sugar

1 t Worcestershire sauce

2 t mustard

It garlic salt

15 ounces tomato sauce

3/4 c Ketchup

2 c Flour

1 t salt

1 1/3 c milk

6 T melted butter

2 large eggs

1 1/2 c shredded cheddar cheese

* cast iron skillet meal *

Preheat oven to 400°F

Brown beef, add onion and bell pepper and saute for 5 min.

Stir in sugar, Worcestershire sauce, mustard, garlic.

Add tomato sauce and Ketchup. Mix well. Simmer.

In separate bowl, mix flour, salt, milk, butter & eggs.
Fold in shredded cheese. Spread evenly over
meat mixture. Bake 25-30 min

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