

SLUNGULLION

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3/4 pound ground beef  
1/2 onion chopped-- 2/3 cup  
1/2 cup whole kernel corn  
1 cup stewed tomatoes  
1/4 teaspoon salt  
1/2 teaspoon Italian herbs  
1/8 teaspoon pepper if desired.

Brown ground beef in electric frying pan, turning often with spatula until each grain of meat is separate and browned. Add chopped onion to meat and cook 3-5 minutes until onion is browned slightly.

Add salt, pepper and Italian herbs with tomatoes to mixture. Cook five minutes stirring constantly.

Add corn. Cook 5 minutes longer.

Serve hot.

Variation: Kidney beans can be added instead of corn or with corn.

Elementary School,  
Summer School  
cooking class