



**NEW EPISODES
MONDAYS
AT NOON EST**

"SOS: Army vs. Navy" The Traditional Navy Version

**1 1/2 lbs ground chuck
1 yellow onion, chopped
1/8 cup flour
16 oz can crushed tomatoes
Pinch of ground mace or nutmeg
1/2 cup water
Salt/pepper to taste
2 tbsp tomato paste
1 1/2 cup tomato juice
1 cup beef stock**

Cook beef in its own fat with onions until beef loses it's pink color. Stir to break the beef apart. Once cooked through, drain excess fat. Sprinkle flour over beef and continue cooking until flour is absorbed. Add remaining ingredients. Stir to mix well. Simmer 10-15 minutes. Serve on toasted bread.

Also try rice or noodles with this recipe.