

## **BASIC BEEF STARTER**

**SOURCE: QUICK COOKING MAY/JUNE 2002 (Amie Wollgast of Florissant MO)**

*This is to be sued for stuffed peppers, stroganoff, etc. (see recipes)*

### **INGREDIENTS:**

5 lb ground beef  
4 medium onions, chopped  
3 garlic cloves, minced  
1 bottle (12 oz) chili sauce  
1 envelope brown gravy mix  
1 envelope onion soup mix  
1 tsp salt

### **DIRECTIONS:**

In Dutch Oven, cook beef, onions & garlic over medium heat till meat is no longer pink - drain. Stir in remaining ingredients - cook 10 minutes or till heated through. Cool. Place about 2 3/4 C each in 4 freezer containers. May be frozen for up to 3 months.

Yield: 4 portions