

Sgt. Murphy's SOS

4 TBS Flour

2 Cups Milk

1 lb. Of ground beef

Prepare roux first. Put flour into small soup bowl add milk a little at a time, stir until all of the flour has been incorporated. Add about half the milk and stir.

[Shortcut to prepare the roux. Place flour into a jar with lid first, then add about half of the milk. Close the jar and shake until all of the flour has been incorporated.]

**Brown hamburger, break apart to about pea size.
Pour off grease if necessary, but allow some to remain.
Add the roux and remaining milk and stir.
Heat until it begins to boil.
Lower heat, cook until it begins to thicken.
Salt and pepper to taste.
Remove and server over toast.**