

# Roast Beef Hash

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2 cups roast beef (about 1 pound raw)  
1 stalk celery  
1 small onion  
2 tablespoons vegetable oil or margarine  
¼ cup flour  
¼ teaspoon salt  
½ teaspoon black pepper  
1 (12 ounces) can fat free evaporated milk  
1½ cups water

**Makes 6 portions, ½ cup each**

Per portion

Calories:	241
Carbohydrate:	13 grams
Protein:	27 grams
Fat:	8 grams
Saturated fat:	2 grams
Cholesterol:	54 milligrams
Sodium:	228 milligrams
Dietary fiber:	1 gram

1. Cook roast and chop 2 cups.
2. Wash and chop celery and onion.
3. Place oil or margarine in large skillet.
4. Add chopped celery, onion, and flour. Cook until well browned.
5. Add salt, pepper, fat free evaporated milk, and water. Stir well. Heat until thickened.
6. Add chopped roast beef and simmer until meat is warm.
7. Serve on toast or biscuit if desired.