

## Beef

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# Create A Casserole (Biscuit-Topped Stew)

Better Homes and Gardens All-Time Favorite Casseroles

**Servings: 5**

### BISCUIT VARIATIONS

*1/4 teaspoon dry mustard  
1/2 cup shredded Swiss cheese  
1/2 cup shredded American cheese*

### SEASONING SUGGESTIONS

*1/4 teaspoon dried basil, crushed (with beef, pork or lamb)  
1/4 teaspoon dried sage, crushed (with chicken or turkey)*

### MEAT SUGGESTIONS

*beef  
pork  
lamb  
chicken or turkey  
sliced frankfurters*

### VEGETABLE SUGGESTIONS

*green beans  
corn  
peas  
mixed vegetables*

**1 cup packaged biscuit mix or 1 package refrigerated biscuits**

**1/4 cup milk**

**1/4 cup onion, chopped**

**1/4 cup green pepper, chopped**

**1 clove garlic, minced**

**2 tablespoons cooking oil**

**2 tablespoons all-purpose flour**

**1 teaspoon sugar**

**3/4 teaspoon salt**

**1/8 teaspoon pepper**

**1 can (16 oz) tomatoes, undrained and cut up**

**2 cups cooked meat, cubed**

**2 cups cooked vegetables**

**1 cube instant beef or chicken bouillion, crushed**

**1 teaspoon Worcestershire sauce**

Preheat oven to 400 degrees.

Prepare biscuit mix. Add milk; stir until well blended. On floured surface, roll dough to a 5-inch circle. Cut into six wedges; set aside.

In a saucepan, cook onion, green pepper and garlic in hot oil until onion is tender but not brown. Stir in flour, sugar, salt, seasoning and pepper. Blend in tomatoes, meat, vegetables, bouillion and Worcestershire sauce. Cook and stir until thickened and bubbly. Turn meat mixture into a 1 1/2-quart casserole. Immediately top with biscuit wedges.

Bake, uncovered, until biscuits are golden, 18 to 20 minutes.

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Per Serving (excluding unknown items): 82 Calories; 6g Fat (63.8% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 338mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.