

Shrimp

350°

1 # Gr Beef

1 Cup sliced Onion

3/4 Cup A-1 Sauce

1 1/2 # Potatoes (peeled, Boiled & drained)

1/2 Cup Parakey (or any) Mary

1/4 Cup Milk

Broil Gr Beef & Onion in Fry Pan (till no longer pink)
(400-5 min - drain. Add Stk Sauce & heat to a boil
Cook together 7-10 min. Mash Potatoes, Mary & Milk
Spread meat in bottom of Casserole dish & put Potatoes
over

Twenty over meat
Bake 350° for 15 min ~~or~~ or until
heated thru.

Optional:
Add Cooked Peas (Frozen) + ^{Frozen} Carrots if
you want