

## Surprise The Family With Hot Beef “Sundaes”

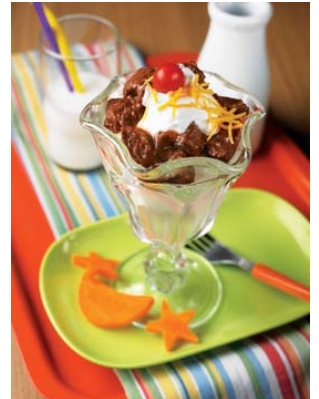
### HOT BEEF “SUNDAES”

*Total preparation and cooking time: 15 to 20 minutes*

**1 package (17 ounces) refrigerated fully-cooked beef tips with gravy**

**1 package (24 ounces) refrigerated mashed potatoes**

**Toppings: Shredded Cheddar cheese, dairy sour cream, cherry or grape tomatoes**



1. Heat beef tips with gravy according to package directions. Heat mashed potatoes according to package directions.
2. Using ice cream scoop, place 2 scoops (about 1/3 cup *each*) mashed potatoes in each of 4 individual sundae cups or serving bowls. Divide beef tips evenly over potatoes in each dish. Sprinkle with cheese and top with dollop of sour cream, as desired. Place 1 tomato in center of each serving for “cherry.”

***Makes 4 servings.***

***Cook’s Tips:*** *One package (17 to 18 ounces) refrigerated fully-cooked boneless beef pot roast with gravy may be substituted for beef tips. Cut pot roast into 1-inch pieces and return to gravy. Heat as above. Or, substitute leftover homemade pot roast and gravy. A total of 2 cups beef and gravy mixture is needed for this recipe.*

*Three cups homemade or prepared frozen or instant mashed potatoes may be substituted for the refrigerated mashed potatoes.*

*Ice cream scoops are often labeled with a number indicating the volume of the scoop. A #12 scoop will yield 1/3 cup portions.*

***Nutrition information per serving, including 1-1/2 teaspoons cheese, 1/2 teaspoon sour cream and one cherry tomato:*** 308 calories; 9 g fat (4 g saturated fat; 3 g monounsaturated fat); 69 mg cholesterol; 1271 mg sodium; 36 g carbohydrate; 4.1 g fiber; 22 g protein; 6.1 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 3.9 mcg vitamin B<sub>12</sub>; 2.1 mg iron; 14.2 mcg selenium; 4.7 mg zinc.

**Source: National Cattlemen’s Beef Association funded by The Beef Checkoff**

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