Tomato Chipped Beef Rabbit

Serves 6

Ingredients

- 2 Tbsp butter
- 1 cup chipped beef (dried beef), minced
- 1 cup thick strained canned tomato (see Editor's Notes)
- 1 cup grated American cheese
- 3 eggs, well beaten
- Buttered toast, for serving

Instructions

1. Melt butter in a heavy skillet over medium heat.
2. Add minced chipped beef and cook until lightly browned.
3. Add strained tomato and heat through.
4. Add grated cheese and cook slowly over low heat, stirring, until melted and combined.
5. Add beaten eggs and cook while stirring constantly until mixture is thick and creamy.
6. Serve immediately over buttered toast.

Editor's Notes

- **Culinary context:** This recipe is a fascinating American adaptation of Welsh Rabbit (or Rarebit) - the classic British dish of melted cheese sauce served over toast. Here the cheese sauce is extended with canned tomato and chipped beef, both wartime pantry staples, producing a dish that is distinctly American mid-century while retaining the Welsh Rabbit structure of a rich, savory, egg-thickened sauce on toast.
- **"Thick strained canned tomato"** - canned tomatoes pushed through a strainer to remove seeds and excess liquid, producing a thick, smooth purée. Modern equivalent: tomato purée or strained crushed tomatoes. Not tomato soup or tomato juice.

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2 tbsp butter.
1 cup minced Chip beef.
1 " thick strained canned tomatoes.
melt butter add beef. cook until brown. add tomatoes. heat and add cheese. cook slowly until melted - add eggs. cook while stirring. until thick and creamy. serve at once on toast
serve 6 -

1 cup grated Am. Cheese
3 eggs well beaten
buttered toast

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