

Scrambled Beef on Toast

- 1 Pound of Top-of-Round Beef-steak
- 1 Teaspoonful of Olive Oil, Butter or Drippings
- 1 Teaspoonful of Salt
- 1 Teaspoonful of Scraped Onion
- 4 Thin Slices of Toasted Bread
- A Dash of Pepper

HAVE the butcher put the meat through a food chopper when you buy it. Put the frying pan, or a small shallow saucepan, over the fire; when the pan is very hot, put the butter, or oil, into it and add the meat; with a fork or a spatula stir constantly until done, about three or four minutes. Place the scraped onion on the meat; add the salt and pepper and one tablespoonful of hot water; set aside in a *warm* place while the bread is being toasted. Serve the meat on the toast. Garnish with parsley.