

# Minchies

This is Tom's version of a recipe that was handed down in the Mungall family for generations.

By Tom Mungall, III

## ingredients:

- 1 lb. course (chili grind) minced beef steak
- 1 large onion
- Salt and pepper
- ½ cup rolled oats
- water

## directions:

- Place the meat in a large saucepan.
- Cut the onion into quarters and place as if it were whole into the meat.
- Mound the meat around the onion. Then fill the pan with water until it covers the meat.
- Bring water to a simmer and cook for about 1 hour.
- Add the oatmeal, salt and pepper to taste, and simmer for 5 to 10 minutes more.
- Serve over Clapshot or Bashed Taddies.
- Add Chutney or steak sauce if you like.