



Shit on a Shingle (SOS) is a beloved classic in American cuisine, particularly among military personnel and comfort food lovers. This dish consists of creamy chipped beef served over toast, making for a simple yet flavorful meal. Whether you're looking to relive childhood memories or try a new [breakfast dish](#), this guide will show you how to make it step by step.

## How to Make Shit on a Shingle - A Step-by-Step Guide

### Ingredients:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups whole milk
- 8 ounces dried beef, sliced into strips
- 1/4 teaspoon black pepper
- 4 slices of toasted bread

### Instructions:

1. **Prepare the Base:** In a medium-sized skillet, melt butter over medium heat.
2. **Make the Roux:** Add flour and whisk continuously until the mixture turns light golden brown.
3. **Add Milk:** Slowly pour in the milk while whisking to prevent lumps.
4. **Incorporate the Beef:** Stir in the sliced dried beef and season with black pepper.
5. **Simmer:** Let the mixture cook for 5-7 minutes until thickened.
6. **Serve:** Spoon the creamy chipped beef over toasted bread and enjoy!

## Shit on a Shingle: The Ultimate Comfort Breakfast

This dish is the epitome of comfort food—creamy, salty, and satisfying. It's perfect for breakfast but can be enjoyed any time of day. Many enjoy pairing it with eggs, hash browns, or even a side of fresh fruit to balance the flavors.

## The History of Shit on a Shingle: A Wartime Favorite

Shit on a Shingle originated in the U.S. military during World War I and gained widespread popularity in World War II. The dish was inexpensive, easy to make in large quantities, and provided essential calories for soldiers. Over time, it became a nostalgic favorite for many veterans and their families.



## Shit on a Shingle Recipe: Quick and Easy Creamed Chipped Beef

### Ingredients:

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 cups whole milk
- 8 ounces dried beef, sliced into strips
- 1/4 teaspoon black pepper
- 4 slices of toasted bread

### Instructions:

1. **Melt Butter:** Heat 2 tablespoons of butter in a pan over medium heat.
2. **Add Flour:** Stir in 2 tablespoons of all-purpose flour, whisking until smooth.
3. **Pour in Milk:** Slowly add 2 cups of whole milk while stirring continuously.
4. **Add Beef:** Mix in 8 ounces of sliced dried beef and season with 1/4 teaspoon black pepper.
5. **Cook Until Thickened:** Let the mixture simmer for 5-7 minutes, stirring occasionally.
6. **Serve Over Toast:** Spoon the creamed chipped beef over four slices of toasted bread and enjoy.

## Why Shit on a Shingle Remains a Beloved American Dish

Despite its simple ingredients, this dish continues to be a staple in many American households. Its nostalgic value, affordability, and satisfying taste make it a go-to meal for many families.

## Shit on a Shingle vs. Biscuits and Gravy: Which One Wins?

Feature	Shit on a Shingle	Biscuits and Gravy
Base	Toasted bread	Fluffy biscuits
Protein	Dried chipped beef	Crumbled sausage



<b>Sauce</b>	Creamy white sauce	Sausage gravy
<b>Flavor Profile</b>	Salty and creamy	Savory and rich
<b>Texture</b>	Crunchy toast, creamy sauce	Soft biscuits, thick gravy
<b>Popularity</b>	Military nostalgia, American classic	Southern comfort food
<b>Best Pairings</b>	Scrambled eggs, hash browns	Fried eggs, bacon

## Shit on a Shingle Variations: How to Customize This Dish

1. **Creamier Version:** Add heavy cream instead of milk for a richer taste.
2. **Spicy Twist:** Mix in a dash of hot sauce or red pepper flakes.
3. **Southern Style:** Serve over biscuits instead of toast.
4. **Mushroom Upgrade:** Add sautéed mushrooms for extra depth.
5. **Vegetarian Alternative:** Use sautéed mushrooms or tofu instead of beef.

## Best Side Dishes to Serve

- Scrambled eggs
- Hash browns
- Steamed vegetables
- Fresh fruit
- Bacon or sausage

## FAQs

1. **Can I use fresh beef instead of dried beef?** Yes, but the traditional flavor comes from dried beef's salty and cured nature.
2. **What's the best bread to use?** Thick-cut white bread or sourdough works best, but any toast will do.
3. **Can I make this ahead of time?** Yes! Store the creamed beef in an airtight container and reheat before serving.

With these tips and variations, you're ready to enjoy a timeless, comforting dish that has stood the test of time.