

Beef

Cheeseburger Quiche

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Servings: 6

Preparation Time: 15 minutes

Bake Time: 52 minutes

You can substitute turkey, chicken or meatloaf mixture for the ground beef in this recipe.

1 refrigerated pie crust (from a 15-ounce package)

1 pound lean ground beef

1/4 cup ketchup

1 tablespoon Worcestershire sauce

1 medium red onion, diced

2 packed cups baby spinach

1 cup grape tomatoes, halved

1/4 teaspoon salt

1/4 teaspoon pepper

5 large eggs

3/4 cup 2% milk

2 tablespoons Dijon mustard

1 cup sharp cheddar cheese, shredded

Preheat oven to 400 degrees.

Unroll the crust and roll out slightly. Fit into the bottom and end up the sides of a 9-inch deep pie dish. Flute the edge. Line the crust with nonstick foil.

Bake for 12 minutes. Remove the foil.

Meanwhile, cook the beef for 5 minutes in a large nonstick skillet over medium-high heat, breaking apart with a spoon. Spoon into a bowl and stir in the ketchup and Worcestershire sauce.

In the same skillet, cook the onion for 5 minutes over medium heat.

Add the spinach and tomatoes. Cook for 3 minutes.

Season with 1/8 teaspoon of salt and 1/8 teaspoon of pepper. Stir in the beef.

Transfer the beef mixture to the crust.

In a medium bowl, whisk together the eggs, milk, mustard and remaining salt and pepper. Sprinkle the cheese over the filling. Carefully add the egg mixture.

Bake for 35 to 40 minutes.

Let stand 5 minutes before slicing.

Per Serving (excluding unknown items): 379 Calories; 27g Fat (64.8% calories from fat); 25g Protein; 8g Carbohydrate; 1g Dietary Fiber; 256mg Cholesterol; 538mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.