

Cheesy Beef and Ranch Pie

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*1 frozen deep-dish pie
crust, thawed
3/4 pound 93% lean ground
beef
1 cup yellow onions, diced
3 large eggs (or 3/4 cup egg
substitute)
3/4 cup evaporated milk
1/2 cup reduced-fat olive oil
mayonnaise
3 tablespoons all-purpose
flour
3 tablespoons dry ranch
seasoning
1 1/2 cups sharp cheddar
cheese, shredded*

Preheat the oven to 350 degrees.

Place the piecrust on a baking sheet.

Preheat a large nonstick saute' pan on medium-high for 2 to 3 minutes. Place the ground beef and onions in the pan. Brown for 5 to 7 minutes, stirring to crumble the meat and until no pink remains. Drain and set aside.

In a large bowl, whisk the eggs, milk, mayonnaise, flour and the seasoning until blended.

Stir in the meat mixture and cheese. Spoon the mixture into the piecrust.

Bake for 30 to 35 minutes until the center of the pie is set and the beef is 160 degrees.

Let stand for 5 minutes to cool before serving.

Per Serving (excluding unknown items): 1085 Calories; 71g Fat (58.8% calories from fat); 59g Protein; 53g Carbohydrate; 4g Dietary Fiber; 234mg Cholesterol; 1261mg Sodium. Exchanges: 1 Grain(Starch); 6 Lean Meat; 2 1/2 Vegetable; 1 1/2 Non-Fat Milk; 10 Fat.