

Cook time: 35 - 40 mins - Oven Temp: 180°C (170°C fan forced) – Serves 6 – Pie dish

Bacon Cheeseburger Crustless Quiche

Ingredients

- 3 slices of Bacon cooked and crisp
- 1 tsp. oil or reserved bacon grease
- ½ medium onion chopped
- ½ pound lean ground beef
- 3 tbsp. Sugar free Tomato sauce
- 1 tbsp. Worcestershire Sauce
- 6 eggs
- ½ cup milk
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dry mustard
- 1 cup shredded Tasty Cheese



Instructions

1. Preheat oven to 180°C and coat glass pie dish with oil or spray oil.
2. Heat oil or bacon grease in a skillet over medium heat and, add the onion and pinch of salt and pepper and sauté for several minutes until soft and translucent.
3. Add the ground beef and cook until fully browned, breaking it up as it cooks. Drain off any excess grease. Remove from the heat and stir in the Tomato sauce and Worcestershire sauce.
4. Transfer the meat mixture to the prepared pie plate and top with the bacon and shredded cheese.
5. Whisk together the eggs, milk salt, pepper and dry mustard and pour over the meat and cheese in the pie plate.
6. Bake for 30 – 40 minutes or until egg is cooked through and top is browned.