

CRUSTLESS QUICHE

INGREDIENTS:

- 1 lb. meat (sausage, beef, pork, chicken, turkey) browned.
- 8 Eggs
- 1 t dry mustard
- 1 t fresh ground pepper
- Assorted vegetables (mushrooms, bell pepper, onion, broccoli, spinach, etc.)

PROCESS:

- Preheat oven to 350 degrees F
- Grease 9 inch pie plate
- Put meat and vegetables in pie plate
- In a bowl, whisk together eggs, dry mustard and pepper,
- Pour over meat and vegetables
- Bake @ 375 for 40-45 minutes. Cool

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