

IMPOSSIBLY EASY CHEESEBURGER PIE

Makes 6 servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients

- 1 pound extra lean ground beef
- 1 cup chopped onion
- 1/2 teaspoon salt
- 1 cup shredded fat-free Cheddar cheese
- 1/2 cup Reduced Fat Bisquick
- 1 cup skim (fat-free) milk
- 2 eggs



Directions

1. Heat oven to 400° F.
2. Coat 9" pie plate with non-fat cooking spray.
3. Cook ground beef and onion until beef is brown; drain.
4. Stir in salt.
5. Spread in pie plate and sprinkle with cheese.
6. In a medium bowl, stir remaining ingredients until blended; pour into pie plate over beef mixture.
7. Bake 25 minutes or until a knife inserted in center comes out clean.

Nutrition information Per Serving

210 calories
Total Fat 5 g
Saturated Fat 1.5 g
Protein 26 g
Total Carbohydrate 13 g
Dietary Fiber 0 g
Sodium 550 mg



Good Source of Iron



Excellent Source of Calcium

Recipe analyzed using large egg



Eat Smart

