



CHEESEBURGER PIE

By Dr. Cindy Tanzar
(Maintenance Only)

This is an easy and delicious recipe that will become a family favorite. It is versatile, as well, because you can either eat it plain or change up the seasonings for a totally different flavor. It's a new favorite for our busy household. If you have time to brown ground beef, this is your meal – and it bakes in just 30 minutes. Since it is a maintenance recipe, it won't fit neatly into the daily checklist.

Makes 6 servings and can cover your protein and fat for one meal.



INGREDIENTS

- 1 lb. grass-fed ground beef
- 2 Tbsp (or to taste) taco, steak, Cajun, Italian or your choice of any sugar/preservative-free seasoning - optional
- 6 pastured eggs
- 1 cup organic heavy cream
- Pink Himalayan salt, to taste
- 1-1/4 cup shredded organic cheese (cheddar or Colby work well)



INSTRUCTIONS

Preheat oven to 350°F. Lightly grease a 9-inch pie plate.

Heat a skillet over medium-high heat. Add ground beef and brown, breaking into smaller pieces. If using a seasoning, add it while browning and mix well. Scoop the ground beef into the bottom of the pie plate and spread it out.

In a medium bowl or large measuring cup, add the eggs, cream and Pink Himalayan salt. Using an immersion blender or hand mixer, blend until mixed well.

Sprinkle burger with half of the shredded cheese, then slowly pour the cream mixture over the ground beef. Top with the remaining cheese.

Bake for 30 minutes or until center is set and cheese is lightly browned. Let sit for 5-10 minutes before serving.