

# Cheeseburger Frittata

Tuesday, June 2, 2020 1:32 PM

## Ingredients

- 1 lb ground beef
- 8 large eggs
- 1/4 cup heavy whipping cream
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- Medium diced white onion
- 6-7 oz sharp cheddar cheese

## Equipment

- Oven safe 10 inch square sided sauté pan.

## Instructions

Preheat oven to 350 degrees.

Grate cheese, and set aside.

Whisk eggs, whipping cream, & spices. Set aside.

Brown ground beef in sauté pan. When it is just about cooked, add onion. Continue to cook till onions are soft and starting to caramelize. Drain meat well. Replace meat mixture in sauté pan, remove from heat, and spread it out evenly on pan bottom -- it should be between 1/2 to 3/4 of an inch deep. Sprinkle about 1/2 cup of cheese over top of mixture. Distribute egg mixture over the top evenly allowing it to settle into the meat mixture below. Bake for about 20min. Remove from oven, sprinkle remainder of cheese on top. Bake for another 5min or until cheese is done to preference.

## Notes

**How to scale:** Scale the recipe based on pan **area**. The recipe is scaled for 78 square inches. Example: 15 inch, round sauté pan has an area of 154 square inches, so you would double the amounts.

**Fresh garlic instead of powder:** After meat & onions are removed from pan, sauté garlic in XVOO. When adding the meat back to the pan be sure to mix it well with the garlic.

**Alternate spices:** Powdered spices can easily be added to the egg mixture. Larger particulates are best added and mixed with the meat. Avoid dry, leafy spices & herbs in the egg mixture -- they won't rehydrate and meld well.