

Taco Quiche

INGREDIENTS:

2 lbs ground beef
2 envelopes taco seasoning
4 eggs
 $\frac{3}{4}$ cup milk
 $1\frac{1}{4}$ cup biscuit/baking mix
dash of pepper
 $\frac{1}{2}$ cup sour cream
2-3 cups chopped lettuce
 $\frac{3}{4}$ cup chopped tomato
 $\frac{1}{4}$ cup green pepper
2 cups shredded cheddar cheese

Directions

In a skillet, brown beef and drain. Add taco seasoning and prepare according to the package directions. Spoon meat into a greased 9×13 baking dish.

In a bowl, beat eggs and milk. Add biscuit mix and pepper, mix well. Pour over meat. Bake uncovered at 400, for 20-25 minutes or until golden brown. Spread sour cream over the top. Sprinkle with lettuce, tomato's, green pepper and cheese. Optional avocado an salsa.

source:tomatohero.com