
Hamburger Souffle` Pie

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 nine-inch deep pie shell
2 tablespoons butter or margarine
2 medium onions, minced
1 1/2 pounds ground chuck
1/2 cup water
1 egg, beaten
1 tablespoon flour
2 tablespoons parsley
1/8 teaspoon pepper
1/16 teaspoon ginger
1/8 teaspoon thyme
1 to 1-1/2 teaspoons salt
CHEESE SOUFFLE' MIXTURE
2 tablespoons butter or margarine
2 tablespoons flour
1/2 cup milk
1 cup Cheddar cheese, grated
2 egg yolks, slightly beaten
2 egg whites, beaten stiff

Preheat the oven to 425 degrees.

Prepare the pie shell.

In a skillet, saute' the onions in butter until golden. Add the chuck and cook until browned. Skim off any excess fat. Add water and bring to a boil. Remove from the heat.

In a bowl, combine the egg, flour, parsley, pepper, ginger, thyme and salt. Stir into the ground beef mixture. Place the hamburger mixture into the pie shell.

Bake for 15 minutes. Remove from the oven. Reduce the oven temperature to 375 degrees.

Make the Cheese Souffle' Mixture: In a saucepan, melt the butter. Stir in the flour. Add the milk. Cook over medium heat until thickened. Stir in the cheese and cook until smooth. Remove from the heat. Stir in the egg yolks and fold in the egg whites. Spread the souffle' mixture over the hamburger mixture in the pie shell, sealing it to the edges of the shell.

Continue to bake for 20 to 25 minutes.

Serve immediately.

Breakfast

Per Serving (excluding unknown items): 523 Calories; 41g Fat (71.1% calories from fat); 30g Protein; 8g Carbohydrate; 1g Dietary Fiber; 235mg Cholesterol; 674mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.