
Mexican Souffle` II

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

Servings: 8

1 pound ground beef
1/2 cup chopped onion
1/2 teaspoon salt
1/4 teaspoon red pepper
1 1/2 cups grated cheese
2 cans (4 ounce ea) green chilies
4 eggs, beaten
1 cup milk
1/4 cup flour
1/2 teaspoon salt
dash red pepper
Tabasco sauce

In a skillet, brown the meat and onion. Add the salt and pepper.

In an 8x8-inch casserole dish, layer half of the meat, half of the cheese, half of the chilies. Repeat the layers.

In a bowl, combine the eggs, milk, flour and seasonings. Mix well. Pour over the first mixture.

Bake at 350 degrees for 50 minutes testing with a knife for doneness. Cool about 5 minutes.

Serve.

Breakfast

Per Serving (excluding unknown items): 335 Calories; 26g Fat (69.7% calories from fat); 19g Protein; 6g Carbohydrate; trace Dietary Fiber; 181mg Cholesterol; 487mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.