



# Cheesy Beef and Ranch Pie with Salad Royale



## Aprons Advice:

- Complete your meal with french fries, fresh-cut fruit, and brownies for dessert.
- Although this pie filling has a fluffy egg texture similar to a quiche, it is filled with hearty cheeseburger flavor. You can add a little drizzle of mustard and ketchup as you serve the pie.

## COOKING SEQUENCE

- Prepare pie and begin to bake (10 minutes)
- Prepare salad; serve (40 minutes)

## CHEESY BEEF AND RANCH PIE

### Ingredients

- 1 (9-inch) frozen deep-dish piecrust
- 3/4 lb lean ground beef, 7% fat
- 1 cup prediced yellow onions
- 3 large eggs (or 3/4 cup egg substitute)
- 3/4 cup evaporated milk
- 1/2 cup reduced-fat olive oil mayonnaise
- 3 tablespoons all-purpose flour
- 3 tablespoons dry ranch seasoning
- 1 1/2 cups shredded sharp cheddar cheese

### Steps

1. Preheat oven to 350°F. Place piecrust on baking sheet (for easier handling). Preheat large, nonstick sauté pan on medium-high 2–3 minutes. Place ground beef and onions in pan; brown 5–7 minutes, stirring to crumble meat, and until no pink remains. Drain and set aside.
2. Whisk in large bowl: eggs, milk, mayonnaise, flour, and seasoning until blended; stir in meat mixture and cheese. Spoon mixture into piecrust; bake 30–35 minutes until center of pie is set and beef is 160°F. Let stand 5 minutes to cool before serving.

## SALAD ROYALE

### Ingredients

- 1 bag American salad blend (11–12 oz)
- 8 oz prediced tomatoes (1 1/2 cups)
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup cooked bacon pieces
- 1/2 cup Thousand Island dressing

### Steps

1. Place salad blend in large bowl.
2. Add remaining ingredients; toss and serve.

## NUTRITIONAL INFORMATION

CALORIES (per 1 serving each recipe) 730kcal; FAT 51.00g; SAT FAT 17.00g; TRANS FAT 0.00g; CHOL 195mg; SODIUM 1440mg; CARB 34g; FIBER 2.00g; SUGARS 10g; PROTEIN 32g; CALC 36%; VIT A 35%; VIT C 80%; IRON 21%

**Cheesy Beef and Ranch Pie**

CALORIES (per 1/6 recipe) 560kcal; FAT 38.00g; SAT FAT 13.00g; TRANS FAT 0.00g; CHOL 175mg; SODIUM 880mg; CARB 27g; FIBER 1.00g; SUGARS 5g; PROTEIN 25g; CALC 30%; VIT A 10%; VIT C 60%; IRON 15%

**Salad Royale**

CALORIES (per 1/6 recipe) 170kcal; FAT 13.00g; SAT FAT 4.00g; TRANS FAT 0.00g; CHOL 20mg; SODIUM 560mg; CARB 7g; FIBER 1.00g; SUGARS 5g; PROTEIN 7g; CALC 6%; VIT A 25%; VIT C 20%; IRON 6%