

Slow Cooker Casserole

1 pound extra lean ground beef (can substitute chicken or turkey)
1/2 pound ground turkey sausage
1 yellow onion, minced
2 tsp. garlic powder
1/2 tsp. salt
1/2 pound white mushrooms, sliced
1 10-ounce package frozen spinach, thawed and squeezed dry and chopped
2 Roma tomatoes, cut the tops off, squeeze out the seeds and chop
1 medium green bell pepper, seeded and chopped
6 eggs beaten
3/4 cup skim milk
1/2 cup shredded cheddar cheese

In a non-stick frying pan brown burger and sausage. Drain and rinse in hot water to remove excess fat. Place cooked meat in a large bowl. Spray a frying pan with nonstick spray and sauté mushrooms, onion and green pepper over medium heat until they become soft. Stir often. Add cooked vegetables to meat. Stir in garlic, salt, spinach, and tomatoes. Mix well. In a separate bowl, whisk together eggs and milk. Fold into meat and vegetable mixture. Cook in quart crock pot on low heat setting for 7–8 hours or until eggs are set. This could also be a great breakfast and you can start it the night before. Spread cheese over top of casserole and cook until melted. Makes 10 1-cup servings.

Options: replace salsa for tomatoes and top with fat free sour cream; add black beans; add frozen hash browns.

Nutrition information per serving: 302 calories; 24 grams protein; 14 grams fat; 7 grams carbohydrate; 430 mg sodium.