



Joe's (and Marilyn's) Special

Serves 4

Ingredients

- 1 lb good quality fresh ground beef
- 1 Tbsp extra virgin olive oil
- 2 cloves garlic, peeled and minced
- 1 medium yellow onion, finely chopped
- 2 cups cremini mushrooms, washed, stemmed and diced ½ inch
- 2 cups fresh baby spinach, stems removed (half of a 5 ounce package)
- 4 beaten, eggs
- ¾ cup grated fresh Parmesan cheese to top, optional

Instructions

Beat the eggs and set aside.

Heat the oil in a large heavy saute pan over medium heat. When the oil is hot, add the ground beef and cook, stirring and chopping up the meat with your spatula occasionally, until browned and crumbly.

Add the onion, mushrooms and garlic and cook until the onion is tender but not browned. Stir in the spinach, briefly cook until the spinach wilts.

Add the beaten eggs to the beef/spinach mixture and cook until the eggs are set, about 3 minutes. Add salt and pepper to taste.

Top with grated parmesan cheese if desired (I don't do this - I simply add more salt). Serve with thick crusty sourdough bread and a fruit salad. Yum yum!