

Southwest Frittata

¼ cup onion, diced*

2 jalapenos, diced

1 lb. lean ground beef

1 Tbsp. Oh! So Garlic

1 Tbsp. Southwest Gourmet Seasoning Mix

½ cup Chipotle Black Bean & Corn Salsa

1 can black beans (rinsed & drained)

6 eggs beaten with 3 Tbsp. milk

Saute onion, jalapenos & beef until lightly browned. Add Oh! So Garlic and Southwest Gourmet Seasoning Mix. Finish browning meat, then mix in Chipotle Black Bean & Corn Salsa.

In 9"x13" greased baking dish spread black beans. Top with meat mixture, then top with egg/milk mixture.

Bake at 350°F for 45 minutes. Serves 8 people.

*Chopped peppers or ¼ cup of corn may be added into meat mixture for more filling.