

Joe's Special

2 pounds lean ground beef	¼ teaspoon pepper
1 tablespoon olive oil or salad oil	1 package (10 oz.) frozen chopped spinach, thawed and drained well
2 medium-size onions, chopped	¼ cup grated parmesan cheese
2 cloves garlic, minced or pressed	4 to 6 eggs, lightly beaten
½ pound mushrooms, sliced	Additional grated parmesan cheese
1¼ teaspoon salt	
½ teaspoon <u>each</u> ground nutmeg and oregano leaves	

In a wide frying pan over medium heat, cook beef in oil until crumbly and well browned. Add onions, garlic, and mushrooms; cook, stirring occasionally, until onions are soft.

Stir in salt, nutmeg, oregano, pepper, spinach, and cheese; cook for about 5 more minutes. Add eggs, reduce heat to low, and gently stir mixture until eggs are set to your liking. Pass additional cheese at the table. Makes 4 to 6 servings.

Salisbury Steak

Ground beef	onion
egg	green pepper
bread crumbs	Worcestershire sauce
celery	Salt and pepper

Bake, broil or fry.