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Title

★★★★★ (50 reviews)

By Author Name

Description...

ready in 1 h 10 min

Prep time

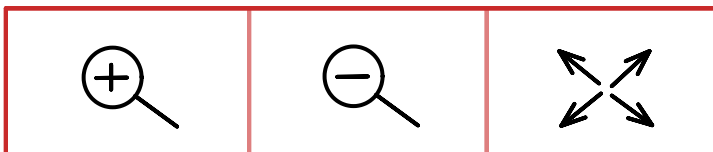
10 min

Cook time

60 min

Total time

70 min



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Nutrition

	Calories
	500		
	Carbs
	23.2 g		
	Protein
	35.5 g		

Ingredients

Yield: 4 servings

- 1

egg
- 1^{1/2}

lbs ground beef
- salt
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...
- ...

See more

Directions

- 1

Preheat oven to 350° / 180°.
- 2

...
- 3

...
- 4

...
- 5

...