

Breaking Bread

with the Williams Family...
Ingrid's Recipes



BJ's Basic Quiche

Ingredients:

- 2 eggs, well beaten
 - 1/2 cup milk
 - 2 tablespoons flour
 - 1/2 cup Miracle Whip
 - 1/2 cup chopped bacon
 - 8 oz. Colby jack cheese
 - 4-6 oz. favorite meat or vegetable; i.e. chicken, crab, broccoli
 - Worcestershire Sauce
 - 1 frozen deep dish pie shell
1. Preheat oven at 350°.
 2. Beat eggs well; add flour, milk and Miracle Whip. Mix well.
 3. Add remaining ingredients and a dash of Worcestershire sauce.
 4. Bake at 350° for 45 minutes to one hour.