

# Ingall's Any way you like it Frittata

## Ingredients:

8-10	Eggs
1/4 cup	Whole Milk or Half-and-Half
2-3 cups	Chopped Vegetables of Choice
1 pound	Sausage, without casing
1/2 cup	Shredded Cheese (or more to taste)
To taste	Salt and Pepper
To taste	Other seasonings of choice



## Instructions:

1. Pre-heat oven to 350°
2. Chop vegetables in to fairly small pieces for better distribution
3. If using greens, roughly chop them. Remember they will shrink to about a 1/4 their size when sautéed
4. If using link sausage, cut to bite-size pieces or remove from casing.
5. Beat up the eggs and milk or half n' half very well. Add salt and pepper to the raw eggs while beating, this creates fluffier eggs. Set aside
6. Heat skillet and put some cooking oil in it, enough to cook vegetables.
7. Add the onion and cook until softened
8. Add other vegetables and raw ground meat and cook until vegetables are softened and meat is cooked thoroughly
9. Once the contents of the pan are cooked pour in eggs and distribute filling evenly
10. Let cook on the stove top about 5 minutes until the sides start to cook
11. Add shredded cheese to the top
12. Put in oven at 350° for about 30 minutes, or until center is just firm and frittata has just slightly pulled away from sides.
13. Let sit about 10 minutes before serving. Cut into pie slices.

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### **Ingall's Tips:**

- A 10" well-seasoned cast iron skillet typically uses 8 whole large eggs.
- Can be made with any vegetables, some suggestion are: Mushrooms, any kind of onion, savory greens (kale, chard), zucchini, broccoli, potato, peppers, really any vegetables you like. Remember that greens will shrink down, so start with 6-8 cups to end up with 2-3 cups.
- If so inclined, use whatever what meat you like. Ground meats can cook with vegetables; bacon or anything else should be pre-cooked or it'll be greasy.
- It is best to use a well seasoned cast iron skillet or other oven safe skillet for this one. A 10" skillet will nicely fit in any RV oven.
- This is like a quiche without the crust. For those who have a problem with the word quiche, we can call it egg pie. 🤔