

## **Egg Pizza**

### Beef Stir Fry for the Topping

Fry one onion, chopped finely, in a little olive oil

Add ½ cup chopped red peppers  
½ cup chopped celery  
½ cup chopped green peppers  
½ cup chopped mushrooms  
1 tsp basil  
1 tsp oregano and  
cayenne pepper to taste

Stir fry until slightly cooked.

Add one pound organic ground beef, turkey or bison

Cook until meat is completely browned.

Set aside or keep in fridge over night.

### 6 Egg Omelet

Stir fry your favorite vegetables: ¼ cup red peppers, ¼ cup celery and ¼ cup green onions and set aside.

Whip together 6 Nature's Farm Vita Organic eggs adding 1 tsp basil and 1 tsp oregano and dried chili peppers to taste

Pour into large frying pan, cook eggs slightly before sprinkling on pre-cooked vegetable mixture. Once the bottom of the eggs are firm, sprinkle on stir fried meat mixture, topping with your favorite tomato sauce or salsa and grated goat cheese. Put under broiler until top of the eggs are cooked.

Slice like you would a pizza and serve with fresh tomatoes and avocados. This keeps well in the fridge for reheating in a toaster oven.