



## Beef **Omega-3** Flax Popover

1 tbsp canola oil  
1 lb lean ground beef  
1 onion, chopped  
1 tsp celery salt  
1 tbsp mustard powder  
1 tbsp Worcestershire sauce

2 eggs  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{4}$  cup **Natunola® health's delight Shelled Flax Meal**  
 $\frac{1}{2}$  tsp salt  
1 tbsp cornmeal  
1 tbsp **Natunola® health's delight Shelled Flax Kernel**  
1 medium tomato, chopped



Butter a 9" pie plate or flan pan. Set aside.

Heat the oil and brown the ground beef in a frying pan. Drain the excess fat. Add the onion and cook until tender. Add the celery salt, mustard powder and Worcestershire sauce.

In a bowl beat the eggs and milk together. Add the flour, **Natunola® health's delight Shelled Flax Meal** and salt to make a batter. Pour the batter into the pie plate and sprinkle the cornmeal and **Natunola® health's delight Shelled Flax Kernel** over the top of the batter.

Gently spoon the meat mixture over the batter. Bake at 350° F for 30 - 35 minutes. Top with the chopped tomato or salsa and shredded cheese if desired. Serve warm.

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