

# Cheeseburger Pizza

300 g	Lean ground beef
1	Medium onion
3	Garlic cloves
½ tsp	Dried Oregano
¼ tsp	Pepper
6	Whole wheat English muffins
½ cup	Pizza or pasta sauce
1	Small red pepper, diced
¾ cup	Shredded Mozzarella Cheese
¾ cup	Shredded Cheddar

1. In skillet, fry beef, onion, garlic, oregano and pepper over medium-high heat, breaking up with a spoon, until beef is no longer pink, about 5 minutes. Drain off fat, set aside.
2. Spread pizza sauce over English muffin halves. Top evenly with beef mixture and diced red peppers. Sprinkle with mozzarella and cheddar.
3. Bake on lowest position in 500°F oven until cheese is bubbly, about 10 minutes.

Makes 6 servings

*Adapted from "Everyday Favourites Cookbook" by Canadian Living*