

Meat Loaf Recipe

Compiled by tamrin



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1. Cheesy Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 1/2 c Tomato sauce
- 1/2 c Dry bread crumbs
- 1/2 c Cheddar cheese, diced
- 1 ts Salt
- 1 1/2 lb Ground beef
- 1/4 c Onions, diced
- 1 Egg, slightly beaten
- Pepper

Directions

Mix all ingredients together in a larger bowl. Shape into a loaf pan and bake 350F for 1 hr. Cover with any remaining tomato sauce or ketchup and serve with mash potatoes

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

2. Gourmet Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

== FILLING ==

- 1 c Sliced mushrooms - fresh, or canned, drained
- 1/2 c Chopped onion
- 2 tb Butter or margarine
- 1/3 c Dairy sour cream

== MEAT LOAF ==

- 1 1/2 lb Ground beef
- 3/4 c Quaker Oats, uncooked - (quick or old-fashioned)
- 1 Egg
- 2 ts Salt
- 1/4 ts Pepper
- 1 ts Worcestershire sauce
- 2/3 c Milk

Directions

For filling, lightly brown mushrooms and onion in butter in medium-sized skillet. Remove from heat; stir in sour cream.

For meat loaf, combine all ingredients thoroughly. Place half of meat mixture in shallow baking pan. Shape to form an oval base. Lengthwise down the center make a shallow "well" for the filling. Spoon filling into "well".

Shape remaining meat mixture over filling, making sure all filling is covered. Seal bottom and top meat mixtures together. Bake in preheated moderate oven (350 F.) about 1 hour. Let stand 5 minutes before slicing.

Source: Our Favorites for family and friends Reprinted with permission from The Quaker Oats Company Electronic format courtesy of Karen Mintzias

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/quaker01.zip>

3. Cajun Meatloaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 1 lb Lean ground beef
- 1/2 c Onion; chopped
- 1/2 c Celery; chopped
- 1/2 c Bell pepper; chopped
- 1/2 c Bread crumbs
- 2 Egg whites
- 1 tb Worcestershire sauce
- 1/2 ts Black pepper
- 1/2 ts Ground cumin
- 1/4 ts Ground red pepper

Directions

Preheat oven to 350. In a large bowl, combine all ingredients. Use your hands to mix until ingredients are will combined. Shape meat mixture into a loaf and place in a shallow baking pan. Bake, uncovered, for 45 minutes or until no longer pink. Let stand 5 minutes. Drain off fat and remove loaf from pan. Pat loaf dry with paper towels and cut into 6 slices.

Recipe by: AHA Quick & Easy Cookbook

Posted to recipelu-digest Volume 01 Number 421 by susan <suerapp[at]ibm.net> on Dec 30, 1997

4. Grandma's Meat Loaf

tag: meat loaf

Yield: 8 Servings

Ingredients

- 1 Egg, beaten
- 1/4 c Dry bread crumbs
- 3 sl Bacon, cut in 1/4" pieces
- 1 s Chopped onion
- m
- 2 oz Cubed cheddar
- 1/2 ts Seasoned salt
- 1/2 ts Pepper
- 1 1/2 Lean ground beef
- 1/2 lb Bulk pork sausage

Directions

Preheat oven to 450F.

Combine. Form into loaf and bake until no pink remains.

Taste of Home Ground Beef Collection 1996 Edition

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

5. Aussie Meatloaf

tag: meat loaf

Yield: 8 Servings

Ingredients

- 1 lb Ground beef - lean
- 1 lb Sausage stuffing
- 1 c Breadcrumbs - fine
- 2 Onions - medium, chopped
Fine
- 1 tb Curry powder
- 1/2 c Water
- 1 tb Parsley - chopped
- 1 Egg - beaten
- 1 c Clove - crushed
- 1/2 c Milk
Salt and pepper to taste
== SAUCE ==
- 1 Onion - chopped very fine
- 1/4 c Water
- 1/2 c Ketchup
- 1/4 c Dry red wine OR beef stock
- 1/4 c Worcestershire sauce -
Lea & Perrins
- 2 tb Vinegar
- 1 tb Instant coffee
- 1/4 c Brown sugar - packed
- 1 oz Margarine
- 2 ts Lemon juice

Directions

Contributed to the echo by: Fred Towner Barbecue Meatloaf Aussie Style - First Prize LOAF: Combine meats, breadcrumbs, onions, salt, pepper, garlic, parsley, curry and egg in large bowl. Mix well. Mix milk and water and add to meat mixture a little at a time until smooth but firm. Shape into loaf and put into greased baking pan. Bake 30 minutes at 375F.

SAUCE: Saute onions in margarine until golden and add all other ingredients. Bring slowly to a boil, lower heat and simmer 10 to 15 minutes. (great with ribs or chicken). After loaf has cooked for 30 minutes, pour half of the sauce over the meat, return to oven and bake 45 minutes more, basting often with remaining sauce. Serve loaf hot in thick slices with remaining sauce. Also makes great sandwiches.

Servings: 8

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

6. Bbq Meatloaf Aussie Style

tag: meat loaf

Yield: 8 Servings

Ingredients

- 1 lb Ground beef - lean
- 1 lb Sausage stuffing
- 1 c Breadcrumbs - fine
- 2 Onions - medium, chopped
Fine
- 1 tb Curry powder
- 1/2 c Water
- 1 tb Parsley - chopped
- 1 Egg - beaten
- 1 c Clove - crushed
- 1/2 c Milk
Salt and pepper to taste
== SAUCE ==
- 1 Onion - chopped very fine
- 1/4 c Water
- 1/2 c Ketchup
- 1/4 c Dry red wine OR beef stock
- 1/4 c Worcestershire sauce -
Lea & Perrins
- 2 tb Vinegar
- 1 tb Instant coffee
- 1/4 c Brown sugar - packed
- 1 oz Margarine
- 2 ts Lemon juice

Directions

Contributed to the echo by: Fred Towner Barbecue Meatloaf Aussie Style - First Prize LOAF: Combine meats, breadcrumbs, onions, salt, pepper, garlic, parsley, curry and egg in large bowl. Mix well. Mix milk and water and add to meat mixture a little at a time until smooth but firm. Shape into loaf and put into greased baking pan. Bake 30 minutes at 375F.

SAUCE: Saute onions in margarine until golden and add all other ingredients. Bring slowly to a boil, lower heat and simmer 10 to 15 minutes. (great with ribs or chicken). After loaf has cooked for 30 minutes, pour half of the sauce over the meat, return to oven and bake 45 minutes more, basting often with remaining sauce. Serve loaf hot in thick slices with remaining sauce. Also makes great sandwiches.

Servings: 8

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

7. Cranberry Meat Loaf

tag: meat loaf

Yield: 1 Servings

Ingredients

- 1 1/2 lb Ground ham
- 1 c Bread crumbs
- 1 Onion chopped fine
- 1 lb Ground fresh pork
- 2 Eggs
- 1 c Milk
- 1 c Cranberry sauce
- 1/4 c Water
- 1/4 c Light corn syrup
- 1/2 c Cream, whipped
- 3 tb Mustard
- 1 tb Sugar

Directions

Bake in 350 degree oven for 1 1/2 hours. Turn out on platter. Arrange peeled, sliced orange on top and glaze with the following combined (pour over loaf by spoonfuls):

Recipe by: Cookbook USA

Posted to MC-Recipe Digest V1 #492 by Gerald Edgerton <jerrye[at]wizard.com> on Mar 02, 1997.

8. Cheddar Cheese Meatloaf C/p

tag: meat loaf

Yield: 6 Servings

Ingredients

- 3/4 c Cheez-it crackers; crushed
- 1 s Onion; chopped fine
- m
- 2 tb Green pepper; minced
- 1/2 c Chili sauce
- 1/2 c Milk
- 2 Eggs; beaten slightly
- 1/2 ts Salt
- 1/8 ts Pepper
- 1 1/2 lb Ground beef; lean
- 1 c Cheddar cheese; shredded

Directions

In a large bowl, combine cracker crumbs, onion, green pepper, chili sauce, milk, eggs, salt, pepper, ground beef and cheese. Form into a 6 or 7 inch round loaf. Place loaf on a 24x9 inch piece of cheesecloth. Place rack in a slow cooker. Gently lift loaf into cooker and place on rack. Loosely fold cheesecloth over top of meat. Cover and cook on low about 5 hours or until done. Holding ends of cheesecloth, lift cooked loaf from cooker. Remove cheesecloth; cut meat into 6 or 7 wedges. Formatted by Lynn Thomas. Source: Crockery Cookery by Mable Hoffman. I made this 11-1-96 and it was very good. The only thing I added was 3 cloves of minced garlic.

Recipe by: Crockery Cookery Recipe by Betty Crocker Posted to brand-name-recipes by Meg Antczak <meginny[at]frontiernet.net> on Feb 08, 1998

9. Apple Meat Loaf

tag: meat loaf

Yield: 1 Servings

Ingredients

- 2 1/2 lb Lean beef; ground
- 1 1/2 c Packaged stuffing mix
- 2 c Finely chopped apples
- 3 Eggs
- 2 ts Salt
- 2 tb Prepared mustard
- 1 lg Onion; minced
- 3 tb Prepared horseradish
- 3/4 c Ketchup

Directions

Combine all ingredients; mix thoroughly. Pack into greased loaf pan 8" x 5" x 3". Bake at 350 F for 1 hour and 15 minutes.

From: Apple Kitchen Cook Book Shared By: Pat Stockett From: Pat Stockett Date: 08-22-94 Posted to MC-Recipe Digest V1 #813 by Nancy Berry <nlberry[at]prodigy.net> on Sep 28, 1997

10. Carla's Turkey Loaf

tag: meat loaf

Yield: 8 Servings

Ingredients

- 2 lb Ground turkey
- 2 tb Hot ketchup
- 1 ts Salt
- 1 Celery, finely chopped
- 1 ts Thyme
- 1 tb Chopped parsley
- 1 tb Worcestershire sauce
- 1 Medium onion, chopped
- 1/2 ts Pepper
- 1 ts Rosemary
- 1 ts Basil
- 1/2 c Oatmeal

Directions

Mix all the ingredients together and form into a loaf. Place in a nonstick loaf pan, bake 350F for 2 hrs. Cal: 184; Fat: 1 3/5g.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmealnew.zip>

11. Wild Rice Meat Loaf

tag: meat loaf

Yield: 4-6 servings.

Ingredients

- 4 c Wild rice; cooked
- 1 lb Lean ground beef; uncooked
- 2 c Shredded cheddar cheese
- 1 c Dry bread crumbs
- 1 c Onion; finely chopped
- 1/2 c All-purpose flour
- 2 Eggs; beaten
- 1 1/4 ts Salt
- 1 ts Ground sage
- 3/4 ts Pepper

Directions

Combine all ingredients in a large bowl; mix well. Firmly press into a greased 9x5x3" loaf pan. Bake, uncovered, at 350 degrees for 70 min. Cover with foil during the last 15 minutes if the top is browning too quickly.

Submitted to RecipeLu List by Ruth <pookypook[at]aol.com> by PookyPook <PookyPook[at]aol.com> on Jan 24, 1998.

Recipe by: TASTE OF HOME - FEB/MARCH 1996

12. Barbecue Meatloaf

tag: meat loaf

Yield: 6 Servings

Ingredients

== INGREDIENTS ==

- 2 lb Lean Ground Meat
- 1 1/2 c Bread crumbs
- 1 lg Onion; chopped
- 1 cn (8 oz) Tomato Sauce
- 1 lg Egg
- 1 tb My Seasoning (follows)
- 1 m Green Pepper; chopped

d

== SAUCE ==

- 1/2 c Water
- 3 tb Vinegar
- 3 tb Brown Sugar
- 2 tb Prepared Mustard
- 1 1/2 c Tomato sauce
- 2 tb Butter

Directions

My favorite meatloaf recipe.

Combine the beef, bread crumbs, onion, 8 oz tomato sauce, egg, My Seasoning, and green pepper. Mix well and place in a loaf pan.

Combine all sauce ingredients. Cook in a saucepan until butter melts. Pour sauce over meat loaf and bake at 350F^ for 1 hour. While baking, the sauce needs to be spooned over the meat occasionally.

Note: Make sure you use a pan large enough for the meat and sauce, or the sauce will tend to boil over while it is cooking.

My Seasoning: Mix 1 part garlic powder, 1 part onion powder, 1/2 part black pepper. Mix well before measuring and adding to the recipe.

Deidre Anne Penrod, Prodigy Food & Wine Board

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

13. Dave's Meat Loaf

tag: meat loaf

Yield: 1 Servings

Ingredients

- 1 lb Extra lean ground beef
- 1/4 lb Sausage meat
- 1/4 c Dark beer
- 1 Egg
- 2 Bread slices -- torn into
Soft crumb
- 1 Onion -- chopped
- 3 tb Chopped parsley
- 1/2 ts Fresh ground black pepper
- Worcestershire sauce
- Tabasco sauce

Directions

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

Recipe By : Crockpot Cooking from Barbara Blitz

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

14. Enriched Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 1 lb Extra lean ground beef
- 1 c Sunflower seed meal
- 1 Onion; grated
- 1 Egg; beaten
- 1/4 c Soy grits
- 1/2 c Stock
- 1/2 c Powdered milk
- 1/2 c Wheat germ
- 1 ts Salt
- 1 c Stewed tomatoes
- 3 tb Nutritional yeast

Directions

Soak soy grits in the stock.

Blend all ingredients together. Turn into an oiled loaf pan. Bake at 350 F for 1 hour. Makes about 6 servings.

Formatted by Mardi Desjardins March 12, 1998

Recipe by: The Natural Foods Cookbook by Beatrice Trum Hunter, 1972

Posted to MC-Recipe Digest by Mardi <amdesjar[at]mb.sympatico.ca> on Mar 12, 1998

15. Basic Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 3 sl Bread
- Water
- 1 Clove garlic, peeled and crushed
- 1 s Onion, finely chopped
- m
- 1/4 c Finely chopped celery
- 1/2 ts Salt
- 1/8 ts Pepper
- 1 Egg, slightly beaten
- 1/3 c Milk
- 1 lb Lean ground beef
- 1/4 c Catsup

Directions

1. In a small bowl soak bread in water to cover 5 minutes. Squeeze out excess water. 2. In a large bowl combine bread, garlic, onion, celery, salt, pepper, egg and milk. Stir until well blended. Crumble ground beef into bread mixture and stir to combine thoroughly. 3. Shape meat mixture into a loaf and place in a shallow heat-resistant, non-metallic baking dish. 4. Heat, uncovered, in Microwave Oven 6 1/2 minutes. 5. Spread catsup over top of meat loaf and heat, uncovered, in Microwave Oven 5 minutes. 6. Allow meat loaf to stand covered 3 to 5 minutes before serving.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

16. Carrot Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 1 1/2 lb Ground chuck
- 1 s Onion; grated
m
- 2 Carrots; grated
- 6 Saltines; finely crushed
- 1 Egg
- 1 ts Salt
- 1/8 ts Pepper
- 1 tb Soy sauce
- 1 tb Catsup

Directions

Combine first 7 ingredients. Blend well. Place the mixture in 12"x8" baking dish and shape into a rounded loaf. Mix soy sauce and catsup. Brush meat loaf with soy-catsup mixture. Microwave at High 15 to 20 minutes. Check for doneness at the minimum time. Let stand covered about 6 to 8 minutes before slicing. Yield: 6 servings.

Gulf Power Posted to recipelu-digest by "Diane Geary" <diane[at]keyway.net> on Feb 24, 1998

17. Barb's Meatloaf with Cheese

tag: meat loaf

Yield: 8 Servings

Ingredients

- 1 lb Ground beef
- 1/2 tb Pepper
- 3/4 c Cheddar cheese; cubed
- 1/2 tb Celery seed
- 1/2 Onion; chopped
- 1/4 tb Paprika
- 1/2 Bell pepper; chopped
- 1/2 c Milk
- 1 Egg; beaten
- 1/2 c Bread crumbs; dry
- 1 tb Salt

Directions

OVEN TEMP: 350 DEGREES MIX ALL INGREDIENTS TOGETHER. PLACE IN LOAF PAN. BAKE FOR 1 HOUR 15 MIN. *I LIKE TO FORM THIS IN A BALL AND PLACE IT ON A RACK TO COOK, SO THAT MOST OF THE FAT DRIPS AWAY FROM THE MEAT. THIS MEAT LOAF MAKES GREAT SANDWICHES AND IS FLAVORFUL WHEN COLD. Posted to MM-Recipes Digest by "John Weber" <hdbrrer[at]ibm.net> on Mar 22, 98

18. Cottage Meat Loaf

tag: meat loaf

Yield: 5 Servings

Ingredients

- 1 1/2 lb Lean ground beef
- 1/2 c Tomato ketchup
- 1/3 c Tomato juice
- 1/2 ts Salt
- 1/2 ts Black pepper
- 1/3 ts Red pepper
- 2 Eggs; beaten
- 3/4 c Fresh bread crumbs
- 1/4 c Finely chopped onions
- 2 ts Prepared mustard
- == TOPPING ==
- 1/4 c Tomato ketchup
- 1/2 ts Prepared mustard
- 2 ts Brown sugar
- Fresh herbs; for garnish, optional

Directions

1. In large bowl, combine ketchup, tomato juice, salt, black and red peppers, eggs, bread crumbs, onions and mustard. Mix until thoroughly blended.
2. Add ground beef. Mix gently but thoroughly.
3. Line a 9-by-5-inch loaf pan with foil. Press in the beef mixture.
4. In a separate bowl, combine the topping ingredients, mixing well. Spread topping over the meat loaf.
5. Bake at 400 degrees for 35 to 45 minutes or until done.
6. Drain off fat. Rest meat loaf 5 minutes before serving. Garnish with fresh herbs, if desired. 5-6 servings.

FROM "GREAT AMERICAN RECIPES"

From a collection of my mother's (Judy Hosey) recipe box which contained lots of her favorite recipes, clippings, etc. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

19. Creole Meatloaf

tag: meat loaf

Yield: 6 W sauce

Ingredients

Ingredients

- 1 lb Ground chuck
- 1/2 c Onion; chopped
- 1/2 c Skim milk;
- 1 Egg; beaten
- 1/2 ts Dry mustard
- 1/2 ts Salt;
- Vegetable cooking spray
- Creole Sauce

Directions

Combine all ingredients, except cooking spray and Creole Sauce, stirring until well combined. Shape into a loaf, and place in a 8 1/2 x 4 1/2 x 3 loafpan coated with cooking spray. Bake at 350 degrees for 1 hour. Cool in pan 10 minutes. Invert meat loaf onto serving platter, and pour Creole Sauce over top. Cut meat loaf into 6 slices to serve.

From: All New Cookbook For Diabetics And Their Families Yield (Includes sauce): 6 servings Each serving amount: 1 slice meat loaf with 1/3 cup sauce

Exchanges: 3 lean meat, 1 vegetable

Chol: 96 mg; Calories: 160 Carbo: 7 gm; Protein: 25 gm Fat: 7 gm; Fiber: Tr.; Sodium: 400 mg

Reformatted for you and yours via Nancy O'briion and her Meal-Master. (From Jungle.Boy via GEnie).

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/diabetic.zip>

20. Diner Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 1 1/2 lb Ground beef
- 1 c Soft bread crumbs
- 3/4 c Milk
- 1/2 c Chopped onions
- 1/2 c Parmesan cheese
- 1 Egg, slightly beaten
- 1 1/2 ts Salt
- 1/4 ts Pepper
- 1/4 ts Oregano
- 1 s Can tomato sauce
- m
- 3 Slices Mozzarella cheese

Directions

Heat oven to 350 degrees. Combine all ingredients except tomato sauce and Mozzarella cheese. Mix lightly. In a 10 x 6" loaf pan, shape loaf. Bake 1 1/2 to 2 hours. Drain excess fat. Pour tomato sauce over loaf during last 1/2 hour of baking time. Place Mozzarella cheese on top. Bake 5 to 10 minutes. Serves 4 to 6.

21. Family Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 1 1/2 lb Ground beef
- 3/4 c Freshly crumbled cracker crumbs
- 2 Eggs; beaten
- 1/4 Onion; chopped
- 2 ts Salt
- 1/2 ts Mixed herbs; marjoram and thyme
- 1/4 ts Black pepper
- 1/2 c Tomato juice
- 1 cn Tomato sauce; 8 oz size

Directions

Meat loaf has a peculiar position in American cuisine, for while most people feel compelled to avow dislike or contempt for the dish, you will find that secretly they are very fond of it indeed. And why not? It can be and often is delicious. Texas is the only place I know of, however, where an admiration for meat loaf is voiced publicly. Here is the basic meat loaf that you'll come across all through the state.

Combine all ingredients except the tomato sauce in a mixing bowl and blend thoroughly. Pack firmly into a well-greased small loaf tin. Smooth top with a knife or spatula. Pour on the tomato sauce. Bake at 350 degrees F for 1 hour. Serve hot or cold as desired.

Busted by Christopher E. Eaves <cea260[at]airmail.net>

NOTES : Entered into MasterCook by: Garry Howard, Cambridge, MA g.howard[at]ix.netcom.com Garry's Home Cooking Website <http://members.aol.home/garhow/cooking.htm> Recipe by: The Wide, Wide World of Texas Cooking ISBN 0-517-120089

Posted to recipelu-digest by "Christopher E. Eaves" <cea260[at]airmail.net> on Mar 13, 1998

22. Broccoli Stuffed Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 1 1/4 lb Lean Ground Beef
- 1 Egg
- 4 tb Bread Crumbs
- 4 Green Onions, Minced
- 1 ts Salt
- 1/2 ts Basil Leaves, Dried
- 1/8 ts Black Pepper
- 1 1/2 c Broccoli Flowerettes
- 1/2 c Mild Cheddar Shreds
- 1 tb Butter, Melted
- 1 tb Tomato Ketchup

Directions

Preheat the oven to 350 degrees. Combine the beef, egg, 1/2 the bread crumbs, 3/4 of the minced green onion, 3/4 of the salt, the basil and the pepper. Set aside. Bring a pot of water to a full boil. Drop in the broccoli flowerettes. Cook until just tender-crisp (3 to 4 minutes). Drain thoroughly. Mix with the cheese, the remaining bread crumbs, green onions and salt. Press half of the meat mixture into a loaf pan (8" x 4"), forming an indentation in the center. Leave a 1" thick layer on the sides. Fill the indentation with the broccoli mixture. Top the broccoli with the remaining meat mixture. Seal well around the edges, completely enclosing the broccoli. Mix the melted butter and ketchup. Brush the top of the loaf with this mixture. Bake until the loaf pulls away from the sides of the pan and the meat is done (about 60 minutes). Serve hot. Cut in slices.

Joel Ehrlich on rec.food.cooking

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

23. Carol Burnett's Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 2 lb Ground round
- 2 Eggs
- 16 oz Tomato sauce
- Milk
- Onions; chopped
- Green pepper; chopped
- Bread crumbs
- Salt & pepper
- Onion salt
- Garlic salt

Directions

Beat eggs with a little bit of milk in bowl. Add [1] can tomato sauce and beat. Add onions, pepper and squish meat with hands through all this mess (wash hands first). Add salt, pepper, etc. to taste. Add a few bread crumbs to hold it all together and pat into a loaf. Place loaf in electric frying pan - with a little oil. Pour over remaining tomato sauce. Cook about 1-1/2 hours at 325-.

>From the recipe files of Carole Walberg Posted to recipelu-digest Volume 01 Number 173 by Laurie Campbell <lauriec[at]flash.net> on Oct 27, 1997

24. Fiesta Meat Loaf

tag: meat loaf

Yield: 1 Servings

Ingredients

- 1 lb Ground beef
- 1 lb Bulk sausage
- 1/2 m Onion; chopped fine
d
- 2 Eggs; beaten
- 1 c Milk
- 3 sl Soft bread; made into crumbs in food processor
- 1 Envelope taco seasoning mix

Directions

Source: Vergie Ewing

Mix all ingredients together and bake in loaf pan for 1 hour at 350 degrees.

NOTE: Since there are only two of us, I put it in four small disposable loaf pans, put three in the freezer unbaked, and baked the fourth. It only took 45 minutes in the small pan.

Posted to TNT Recipes Digest by vergie1[at]juno.com (Vergie A Ewing) on Mar 24, 1998

25. California Light Meatloaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 1 lb Lean ground beef
- 3/4 c Rolled oats -- old
Fashioned
- 1/2 c Green bell pepper -- finely
Chopped
- 1/3 c Onion -- finely chopped
- 1/4 c Beef broth -- low sodium
- 2 tb Fresh parsley -- finely
Chopped
- 2 tb Tomato paste
- 2 lg Egg whites -- lightly
Beaten
- 2 Cloves garlic -- crushed
- 1/4 ts Salt
- 1/4 ts Fresh ground black pepper
- 1/4 c Chili sauce

Directions

1. Heat oven to 350F.
2. In large bowl combine ground beef, oats, green pepper, onion, beef broth, parsley, tomato paste, egg whites, garlic, salt, and black pepper; using hands or wooden spoon, mix well.
3. Shape mixture into load aobut 8x4x2 1/2", rounding it on top; place in fat-free meat loaf pan (see note) or in foil-lined shallow baking pan. Brush with chili sauce; bake 50 to 60 minutes, just until juices run clear when loaf is pierced with skewer. Do not overbake.
4. Transfer meat loaf to serving platter; let stand 10 minutes before slicing.

NOTE: The removable insert in this pan allows any dirppings to drain away from meat loaf into bottom of pan. The pan is available in housewares stores nationwide.

Recipe By : Redbook - March, 1995

From: Western Mexican Cookbook

File ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

26. French Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 1 lb Very lean ground beef
- 1/4 c Lowfat sweet n spicy french dressing
- 3/4 oz Wheat germ
- 1/2 c Finely chopped onions
- 2 Egg whites
- 1/8 ts Pepper
- Salt to taste

Directions

Preheat oven to 350. Combine all ingredients, shape into a loaf and place on a rack in a shallow baking pan. Bake, uncovered, 1 hour.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

27. Cheddar Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

1 1/2 lb Lean Ground Beef
1 1/4 c Bread Crumbs; Dry
1/4 lb Cheddar; Sharp, Shredded
10 3/4 z Tomato Soup; Condensed, 1 Cn
1 Egg; Lg
1/4 c Onion; Chopped
2 tb Parsley; Fresh, Chopped
1/2 ts Salt
1 ds Pepper

Directions

Combine all of the ingredients, mixing lightly. Shape into a loaf in an 11 1/2 X 7 1/2- inch baking dish. Bake at 350 degrees F. for an hour. Serve hot.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

28. Barbecue Meatloaf Aussie Style - First Prize

tag: meat loaf

Yield: 8 Servings

Ingredients

- 1 lb Ground beef - lean
- 1 lb Sausage stuffing
- 1 c Breadcrumbs - fine
- 2 Onions - medium, chopped fin
- 1 tb Curry powder
- 1/2 c Water
- Salt and pepper to taste
- 1 tb Parsley - chopped
- 1 Egg - beaten
- 1 Garlic clove - crushed
- 1/2 c Milk
- == SAUCE ==
- 1 Onion - chopped very fine
- 1/4 c Water
- 1/2 c Ketchup
- 1/4 c Dry red wine OR beef stock
- 1/4 c Worcestershire sauce - Lea &
- 2 tb Vinegar
- 1 tb Instant coffee
- 1/4 c Brown sugar - packed
- 1 oz Margarine
- 2 ts Lemon juice

Directions

LOAF: Combine meats, breadcrumbs, onions, salt, pepper, garlic, parsley, curry and egg in large bowl. Mix well. Mix milk and water and add to meat mixture a little at a time until smooth but firm. Shape into loaf and put into greased baking pan. Bake 30 minutes at 375F. SAUCE: Saute onions in margarine until golden and add all other ingredients. Bring slowly to a boil, lower heat and simmer 10 to 15 minutes. (great with ribs or chicken). After loaf has cooked for 30 minutes, pour half of the sauce over the meat, return to oven and bake 45 minutes more, basting often with remaining sauce. Serve loaf hot in thick slices with remaining sauce. Also makes great sandwiches.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

29. Bacon Mushroom and Swiss Meat Loaf

tag: meat loaf

Yield: 1 Servings

Ingredients

- 1 lb Good quality ground beef
- 1/2 lb Ground pork
- 1 s Onion; finely chopped
- m
- 1 Egg
- 1/2 c Corn flake crumbs; (I used bread crumbs)
- 1/4 c Milk
- 4 oz Grated swiss cheese
- 1 cn (4 Oz) mushrooms; drained
- 3 sl Bacon; chopped

Directions

In a large bowl add all ingredients. Blend well and shape into a loaf in a baking dish. Bake at 350 for about an hour or till cooked through. Posted to recipelu-digest Volume 01 Number 332 by Aquasea221[at]aol.com on Dec 1, 1997

30. Everyday Meatloaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 2 lb Lean Ground Beef
- 3/4 c Dry Bread Crumbs
- 2 lg Beaten Eggs
- 1 c Milk
- 1/4 c Grated Onion
- 1/2 ts Sage
- 1 ts Salt
- 1/8 ts Pepper

Directions

Soak the bread crumbs in the milk. Add the ground beef, eggs, onion and seasonings; mix well. Form the meat mixture into a loaf and place in a loaf pan. Bake in a 350°F oven for 45 to 50 minutes. Catsup or barbecue sauce may be spread over the top of the meat loaf before baking. Bake potatoes at the same time by starting them 15 minutes before meatloaf. From: Syd's Cookbook.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/sydsbook.zip>

31. Barbara's Applesauce Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 2 lb Ground turkey
- 1 Egg; slightly beaten
- 1/2 c Quick-cooking oatmeal (not instant)
- 1/3 c Unsweetened applesauce
- 1/2 c Finely chopped onion
- 1/3 c Corn kernels (optional)
- 1/4 c Minced red bell pepper
- 1/4 c Minced flat-leaf parsley
- 1 tb Worcestershire sauce
- 2 ts Salt; or to taste
- Freshly ground black pepper
- 1/4 c Ketchup
- 1 ts Prepared mustard

Directions

IN A LARGE BOWL, combine the turkey, egg, oatmeal, applesauce, onion, corn, red pepper, parsley, 2 teaspoons Worcestershire sauce, salt and pepper and mix just until the ingredients are blended. Using a 10-inch non-metal pie plate, form the meat into a circle about 8 inches in diameter and 2 inches high. Combine the ketchup, mustard and 1 teaspoon Worcestershire sauce in a small bowl. Spread it over the top of the meat loaf. Cover the top with wax paper, place the dish in the oven and cook the meat loaf on 100 % power (high) for 10 minutes, rotating the pan after 5 minutes. Remove the dish, carefully take off the waxed paper, and let the meat loaf stand for 10 minutes before slicing.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

32. Basic Microwave Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 1 lb Ground chuck
- 1 Egg
- 2 tb Quick-cooking oats
- 1 cn Tomato sauce (8-ounce)
- 1/4 ts Dried thyme
- 1/4 ts Dried Marjoram
- 1/2 ts Celery salt
- 1 tb Brown sugar
- 1 ts Worcestershire sauce
- 1 ts Prepared mustard

Directions

In a medium bowl, thoroughly combine meat, eggs, oats, onion, half the tomato sauce, thyme, marjoram and celery salt. Shape into a loaf to fit a 9x5 loaf pan. Shape the loaf so meat does not touch sides of the dish. Cover with waxed paper. Microwave at full for 5 minutes. Pour off juices. Stir brown sugar, worcestershire sauce and mustard into remaining tomato sauce. Spoon tomato glaze over the loaf coating the entire top and sides. Give the dish a half turn. Cover with waxed paper. Microwave at 30% for 17 to 20 minutes or until a microwave meat thermometer inserted in the center of the loaf registers 170F. Cover with foil and let stand 5 minutes. temperatures will rise about 10F during stand time

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

33. Cajun Meat Loaf 2

tag: meat loaf

Yield: 8 Servings

Ingredients

- 2 tb Margarine or butter
- 2 m Carrots, finely chopped
- d
- 1 lg Onion, finely chopped
- 1 lg Stalk celery, finely chopped
- 1 s Green pepper, finely chopped
- m
- 2 Garlic cloves, crushed
- 2 lb Ground meat for meat loaf
(veal, pork, and beef)
- 2 lg Eggs
- 1 c Fresh bread crumbs
- 1/4 c Milk
- 1 tb Worcestershire
- 2 ts Salt
- 1 ts Ground cumin
- 1/2 ts Coarsely ground black pepper
- 1/2 ts Dried thyme leaves
- 1/2 ts Ground nutmeg
- 1/2 ts Ground cayenne pepper
- 1/2 c Plus 2 T catsup
- Fresh herbs for garnish

Directions

In nonstick 12-inch skillet, melt margarine or butter over medium heat. Add carrots, onion, celery, and green pepper and cook until vegetables are tender, about 15 minutes, stirring occasionally. Add garlic and cook 1 minute longer. Set aside to cool slightly. Preheat oven to 375 degrees. In large bowl, mix ground meat, eggs, bread crumbs, milk, worcestershire, salt, cumin, black pepper, thyme, nutmeg, cayenne, 1/2 cup catsup, and cooked vegetable mixture just until well combined but not over mixed. In 13x9 baking pan, shape meat mixture into 10x5 inch loaf. Brush remaining 2 T catsup over top of loaf. Bake meat loaf 1 hour and 15 minutes. Let meat loaf stand 10 minutes before slicing. Garnish with herbs. Posted to MM-Recipes Digest V3 #285

Date: Thu, 17 Oct 1996 20:09:05 -0500

From: jessann doe <jessann[at]texas.net>

34. Basic Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 1 1/2 lb Lean Ground Beef
- 3 Bread Slices; *
- 1 Egg; Lg
- 1 c Milk
- 1/4 c Onion; Chopped, 1 Sm
- 1 tb Worcestershire Sauce
- 1 ts Salt
- 1/2 ts Mustard, Dry
- 1/4 ts Pepper
- 1/4 ts Sage
- 1/8 ts Garlic Powder
- 1/2 c Sauce **

Directions

* You can substitute 1/2 Cup of Dry Bread Crumbs or 1/2 Cup of Wheat ** You can use catsup, chili sauce or barbecue sauce as a topping in Heat the oven to 350 degrees F. Mix all the ingredients except the catsup together. Spread the meat mixture into an ungreased loaf pan, 9 X 5 X 3-inches or shape into a loaf in an ungreased baking pan. Spoon catsup onto the loaf and bake, uncovered, for 1 to 1 1/4 hours or until done. Drain off the excess fat and serve sliced on a heated platter. NOTE: For leftover meat loaf, try the following: BARBECUED MEAT LOAF: For four 1/2-inch slices of meat loaf, mix 1/2 cup of barbecue sauce and 2 tb of water in a skillet. Place the slices of meatloaf in the skillet, turning to coat all sides with the barbecue sauce. Cover and cook over low heat, brushing the sauce on the slices occasionally, until the meat is hot, about 10 to 15 minutes. POTATO-TOPPED MEAT LOAF: For four 1/2-inch slices of meat loaf, prepare some instant mashed potatoes, enough for 4 servings, as directed on the package and set aside. Set the oven control at broil/or 550 degrees F. Broil the slices with the tops 3 to 4 inches from the heat for 5 minutes. Spread the potatoes on the slices and sprinkle with shredded Cheddar cheese. Broil until the cheese is melted, about 2 minutes and serve hot. SOUPED-UP MEAT LOAF: For four 1/2-inch slices of meat loaf, mix 1/2 to 1 can of your favorite condensed cream soup, such as cream of mushroom, (10 3/4 oz size) and 1/4 to 1/2 cup of milk in a skillet. Heat to boiling, stirring frequently. Reduce the heat and place the slices in the skilled, turning to coat all sides with the sauce. Cover and simmer until the meat is hot, 10 to 15 minutes and serve.

35. Fluffy Meat Loaf

tag: meat loaf

Yield: 1 Servings

Ingredients

Hi Andrea; I have a meatloaf recipe from the 1961 edition of Betty Crocker's Cookbook It's good; a little wet, but very good. I had another I wanted to Send also; but I can't find it!

Directions

Heat oven to 350 F. Mix all ingredients thoroughly. For better browning, shape loaf on shallow baking pan. (I use a loaf pan) Bake 1 1/2 hr., or until done. I always smear ketchup all over the top before baking. makes 8 servings

BEEF LOAF: Use 1 1/2 lb. ground beef for the meat in recipe above. In place of mustard and sage, use 1 Tb. EACH horse-radish and ketchup.

Posted to EAT-L Digest by Pat Hogberg <DHOGBERG[at]ALPHA.ALBION.EDU> on Sep 10, 1997

36. Crockpot Peppered Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 2 lb GROUND CHUNK
- 1 ONION, FINELY CHOPPED
- 8 oz CAN TOMATO SAUCE
- 3/4 c CRUSHED SALTINE CRACKERS
- 2 ts WORCESTERSHIRE SAUCE
- 1/4 ts PEPPER
- 1 c KETCHUP
- 1 1/2 ts DRY MUSTARD
- 1/2 lb BULK SAUSAGE
- 3 GARLIC, MINCED~
- 1/2 c KETCHUP
- 2 EGGS
- 2 ts SEASONED SALT
- 2 POTATOES, PEELED & IN FIN
- 1/3 c BROWN SUGAR
- 1/2 ts NUTMEG

Directions

COMBINE ALL LOAF INGREDIENTS EXCEPT POTATOES & SAUCE INGREDIENTS. MIX WELL AND SHAPE INTO A LOAF. PLACE POTATOES IN BOTTOM OF CROCK POT. TOP POTATOES WITH MEAT LOAF. POUR SAUCE OVER ALL. COVER AND COOK ON LOW FOR 8 TO 12 HOURS Posted to MC-Recipe Digest V1 #284

Date: Thu, 7 Nov 1996 21:17:41 -0500

From: Meg Antczak <meginny[at]frontiernet.net>

37. Greek Meat Loaf

tag: meat loaf

Yield: 8 Servings

Ingredients

- 1 lb Ground beef chuck
- 1 lb Ground lamb
- 2 lg Eggs
- 1 c Fresh bread crumbs
- 2 Bunches green onions, minced
- 4 oz Feta cheese, finely crumbled
- 1/4 c Minced fresh parsley
- 1 tb Dried mint leaves
- 2 tb Olive oil
- 1 tb Red wine vinegar
- 2 Garlic cloves, minced
- 1/2 ts Salt
- 1/4 ts Ground black pepper

Directions

Preheat oven to 375 degrees. In large bowl, mix all ingredients just until well combined but not overmixed. In 13x9 metal baking pan, shape meat mixture into 9x5 inch loaf. Bake meat loaf 1 hour and 15 minutes. Let stand 10 minutes before slicing. Posted to MM-Recipes Digest V3 #285

Date: Thu, 17 Oct 1996 20:09:05 -0500

From: jessann doe <jessann[at]texas.net>

38. Braised Meat Loaf

tag: meat loaf

Yield: 12 Servings

Ingredients

- 1 lb Ground Beef
- 1 lb Ground Pork
- 2 ts Salt
- 1/4 ts Nutmeg; Ground
- 1/2 c Dry Bread Crumbs
- 1/2 c Vegetable Oil
- 1 lb Ground Smoked Ham; Cooked
- 3 Eggs; Large
- 1/2 ts Pepper
- Chipotle Sauce; *
- 1/4 c Instant Corn Tortilla Mix

Directions

* See Sowest 2 for recipe.

Mix ground beef, fully cooked ham, ground pork, eggs, salt, pepper, and the nutmeg. Shape into a loaf. Cover and refrigerate for 1 hour. Prepare Chipolte Sauce and set aside. Mix bread crumbs and tortilla mix. Coat meat loaf with bred crumb mixture. Heat oil in 10-inch skillet until hot. Cook meat loaf in oil over medium heat until brown on all sides. Pour Chipotle Sauce over meat loaf. Heat to boiling and reduce the heat. Cover and simmer until done; about 1 hour.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/meats.zip>

39. Delectable Meat Loaf

tag: meat loaf

Yield: 6 Servings

Ingredients

- 2 1/2 lb Ground round (or 3 lbs.)
- 2 pk Onion soup mix
- 3 lg Eggs
- 1 cn Evaporated milk; (5 ounces)
- 1/2 c Quick Cook Dry Cream Wheat
- 12 oz V-8 juice
- 1/4 c Ketchup

Directions

Mix all but one can of V-8 together. Sape into loaf. bake 350 in Pam sprayed loaf pan 1 hour. Half way through baking smear loaf with ketchup. When loaf is cooked and drained, pierce top with fork and pour second can of V-8 over top allowing to run down and around meat. Let stand 10 minutes before slicing. The Copycat Cookbook pg46. Formatted for MM by PNewton vkbb14a Posted to EAT-L Digest 26 Sep 96

Date: Fri, 27 Sep 1996 07:20:28 -0400

From: Lilia Prescod <lprescod[at]ITRC.UWATERLOO.CA>

40. Curried-Chutney Meat Loaf

tag: meat loaf

Yield: 8 Servings

Ingredients

- 2 lb Ground beef chuck
- 2 lg Eggs
- 1 lg Granny Smith apple, peel,core,dice
- 1 s Onion, finely chopped
- m
- 1 c Fresh bread crumbs
- 1/2 c Orange juice
- 2 ts Curry powder
- 1 1/2 ts Salt
- 1 Jar (8 3/4 oz) mango chutney, chopped

Directions

Preheat oven to 350°F. In large bowl, mix beef, egg, apple, onion, bread crumbs, orange juice, curry powder, salt, and 1/2 cup chutney just until well combined but not overmixed.

2. Spoon meat mixture into 9" by 5" metal loaf pan; press down gently. Bake meat loaf 1 hour and 15 minutes. Let meat loaf stand 10 minutes in pan.

3. Pour off fat from loaf pan. Invert meat loaf onto platter; spread top with remaining chutney.

>From the collection of dianne[at]jolynet.com

NOTES : =

Recipe by: Good Housekeeping Magazine web page

Posted to MC-Recipe Digest V1 #486 by Dianne Ward <dianne[at]paccom.com> on Feb 27, 1997.

41. Classic Meat Loaf with Roasted Vegetables

tag: meat loaf

Yield: 4 Servings

Ingredients

- 4 sl White sandwich bread; crust trimmed, bread torn into bite-sized pieces
- 2 Eggs
- 4 tb Worcestershire sauce
- 1 c Chopped onion
- 1/3 c Plus 1 tablespoon ketchup
- 1 tb Garlic powder
- 1/2 ts Salt
- 1/2 ts Ground pepper
- 1 1/2 lb Lean ground beef
- 1 cn (14-1/2 oz) beef broth
- 1 lg Red-skinned sweet potato; (yam), peeled, quartered lengthwise
- 2 Russet potatoes; peeled, quartered lengthwise
- 4 Carrots; peeled, halved lengthwise

Directions

Preheat oven to 375 degrees F. Mash bread, eggs and 3 T Worcestershire sauce in large bowl until smooth paste forms. Mix in onion, 1/3 cup ketchup, garlic powder, salt and pepper. Add beef and mix thoroughly. Mound meat mixture in 9" x 13" x 2" deep baking pan, shaping into 4" x 8" loaf. Spread remaining 1 T ketchup over meat loaf. Pour broth and remaining 1 T Worcestershire sauce into pan around meat loaf. Arrange vegetables around meat loaf. Cover pan with foil. Bake 45 minutes. Uncover; bake until vegetables are tender and meat loaf is cooked through, about 35 minutes. Using spatula, transfer meat loaf to platter. Surround with vegetables; spoon some pan juices over.

Posted to MM-Recipes Digest V5 #016 by info[at]yourbestimage.com (Best Image) on Jan 16, 1998

42. Fluffy Light Meat Loaf

tag: meat loaf

Yield: 4 Servings

Ingredients

- 1 lb Ground beef
- 1 cn (6 oz.) tomato paste
- 1/2 c Oatmeal
- 3 tb Finely chopped green pepper
Or celery
- 2 tb Bran
- 2 tb Wheat germ
- 1 s Onion, finely chopped
m
- 1 tb Freshly chopped parsley
- 1 Egg, lightly beaten
- 1/4 ts Finely chopped garlic
- 1/2 ts Salt
- 1/4 ts Freshly ground pepper
Chili sauce

Directions

Preheat oven to 350 degrees. Combine all loaf ingredients, using your hands. Form into loaf and place in 9 X 5 X 3" loaf pan, cover with layer of chili sauce (or ketchup if desired), bake 50 minutes to 1 hour. (Do not overbake, since part of the secret of fluffiness is shorter cooking time.) Serve the meat loaf sliced and hot. Serves 4.

Variation: Half ground veal and half ground beef can be used for the meat loaf - lower in calories.

Compiler Profile

Nickname : tamrin

Gender :

Website :

Location :

Favourite food :

About :