

THIS WEEK'S RECIPE

As seen on hdnews.net



Basic Meat Loaf

This is a basic recipe. You can use it as the basis of a meat loaf and add any type of additional ingredients you desire.

- 2 beaten eggs
- 3/4 c milk (you can omit this for a drier loaf)
- 2/3 c bread crumbs or crushed crackers
- 2 T grated onion
- pinch of salt and pepper
- 1 1/2 lbs ground beef
- 2 T catsup or BBQ sauce

Combine all ingredients, except those for sauce, in a large bowl and mix well. Place in a loaf pan for baking in the oven or a round baking dish for the microwave. If you microwave, use a small glass to leave the center of the loaf open (this will decrease cooking and increase uniformity doneness). Bake at 350°F for 1 hour, mix sauce and cover, baking an additional 15 minutes; or microwave 20 minutes on medium-high, turn and finish another 5-10 minutes with sauce on top.

SAUCE

- 1/4 catsup
- 2 T brown sugar
- 1 t dry mustard



Nutrition Facts

Serving Size (195g)		Servings Per Container	
Amount Per Serving		Calories 320	
		Calories from Fat 130	
		% Daily Value*	
Total Fat 14g			22%
Saturated Fat 6g			28%
Cholesterol 145mg			49%
Sodium 370mg			15%
Total Carbohydrate 19g			6%
Dietary Fiber less than 1g			3%
Sugars 10g			
Protein 28g			
Vitamin A 6%	•	Vitamin C 4%	
Calcium 8%	•	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories: 2,000	2,500
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Location of Ingredients

(at Vine Street Dillon's)

- ITEM AISLE
- Eggs Dairy Dept.
- Milk Dairy Dept.
- Bread Crumbs Or Crushed Crackers #6
- Grated Onion Produce
- Salt And Pepper #11
- Ground Beef Meat Dept
- Catsup Or Bbq Sauce..... #9
- Catsup #9
- Brown Sugar..... #11
- Dry Mustard #11



Nutrition facts based on bread crumbs. Salt, pepper and dry mustard not included in analysis. 6 servings

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