

Beef

Apple Meat Loaf

Servings: 8

1 large onion, finely chopped
1 tablespoon butter or margarine
2 1/2 pounds ground beef
1 1/2 cups bread crumbs
2 cups peeled, chopped apples
3 eggs, beaten
1 tablespoon parsley, chopped
1/2 teaspoon pepper
1 teaspoon salt
1/4 teaspoon allspice
1 tablespoon prepared mustard
1/4 cup catsup

Saute' onion in butter. then combine with all ingredients and form into a loaf.

Grease a 10 x 14-inch baking pan. Insert loaf into pan.

Bake meat loaf at 350 degrees for 1 hour.

Let sit 15 minutes before serving.

Per Serving (excluding unknown items): 575 Calories; 42g Fat (66.8% calories from fat); 29g Protein; 18g Carbohydrate; 1g Dietary Fiber; 204mg Cholesterol; 692mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 6 1/2 Fat; 0 Other Carbohydrates.