

## Beef

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# Meatloaf Cakes

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### MEATLOAF

**1 1/2 pounds ground beef**  
**4 slices bread, crumbled into small pieces OR 3/4 cup dried bread crumbs**  
**1 large egg**  
**1/4 cup onion, chopped**  
**1/4 cup lemon juice**  
**2 teaspoons seasoned salt**

### SAUCE

**1/4 cup ketchup**  
**1/4 cup brown sugar**  
**1 teaspoon dry mustard**  
**1/4 teaspoon ground cloves**  
**1/4 teaspoon ground allspice**

Preheat the oven to 350 degrees.

In a large mixing bowl, combine the ground beef, bread crumbs, egg, onion, lemon juice and seasoned salt. Mix lightly but thoroughly and shape into six loaves.

Space the loaves evenly on a baking sheet.

Bake for 15 minutes.

In a small bowl, mix together the ketchup, brown sugar, mustard, cloves and allspice.

When the meatloaf cakes have baked for 15 minutes, brush each loaf with sauce and return to the oven.

Continue to bake until the meatloaf cakes are 165 degrees in the center, about 20 more minutes.

Yield: 6 small cakes

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Per Serving (excluding unknown items): 2432 Calories; 187g Fat (69.5% calories from fat); 122g Protein; 63g Carbohydrate; 2g Dietary Fiber; 791mg Cholesterol; 3996mg Sodium. Exchanges: 0 Grain(Starch); 17 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 27 1/2 Fat; 3 1/2 Other Carbohydrates.