

# Pot Roast Meatloaf

Betty Souza - Port St. Lucie, FL  
St. Lucie News-Tribune

- 1 pound ground beef
- 2/3 cup evaporated milk
- 1/3 cup fine breadcrumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup ketchup
- 2 teaspoons Worcestershire sauce
- 3 medium potatoes, peeled and sliced  
1/4-inch thick
- 3 medium onions, peeled and sliced  
1/4-inch thick
- 3 medium carrots, peeled and  
quartered lengthwise
- 1 can cream of mushroom soup
- 1/2 package onion soup mix

Preheat the oven to 375 degrees.

In a large bowl, mix the ground beef and evaporated milk. Gradually add the breadcrumbs, salt, pepper, ketchup and Worcestershire sauce.

Shape into a loaf and place in the center of a 9x13-inch baking dish. Place all of the vegetables around the meatloaf.

In a small bowl, mix the cream of mushroom soup and onion soup mix. Pour over the meatloaf. Cover tightly with foil.

Bake for 90 minutes.

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Per Serving (excluding unknown items): 2397 Calories; 145g Fat (54.0% calories from fat); 106g Protein; 171g Carbohydrate; 22g Dietary Fiber; 438mg Cholesterol; 4714mg Sodium. Exchanges: 5 1/2 Grain(Starch); 11 Lean Meat; 9 1/2 Vegetable; 1 1/2 Non-Fat Milk; 22 1/2 Fat; 1 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	2397	Vitamin B6 (mg):	2.9mg
% Calories from Fat:	54.0%	Vitamin B12 (mcg):	12.3mcg
% Calories from Carbohydrates:	28.4%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	17.6%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	145g	Folacin (mcg):	202mcg
Saturated Fat (g):	59g	Niacin (mg):	31mg
Monounsaturated Fat (g):	59g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0

Cholesterol (mg):	438mg
Carbohydrate (g):	171g
Dietary Fiber (g):	22g
Protein (g):	106g
Sodium (mg):	4714mg
Potassium (mg):	5348mg
Calcium (mg):	722mg
Iron (mg):	15mg
Zinc (mg):	21mg
Vitamin C (mg):	145mg
Vitamin A (i.u.):	62044IU
Vitamin A (r.e.):	6260 1/2RE

**% Refuse:** 0 0%

### Food Exchanges

Grain (Starch):	5 1/2
Lean Meat:	11
Vegetable:	9 1/2
Fruit:	0
Non-Fat Milk:	1 1/2
Fat:	22 1/2
Other Carbohydrates:	1

## Nutrition Facts

### Amount Per Serving

**Calories** 2397                      **Calories from Fat:** 1295

### % Daily Values\*

<b>Total Fat</b> 145g	223%
Saturated Fat 59g	297%
<b>Cholesterol</b> 438mg	146%
<b>Sodium</b> 4714mg	196%
<b>Total Carbohydrates</b> 171g	57%
Dietary Fiber 22g	87%
<b>Protein</b> 106g	
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<b>Vitamin A</b>	1241%
<b>Vitamin C</b>	242%
<b>Calcium</b>	72%
<b>Iron</b>	82%

\* Percent Daily Values are based on a 2000 calorie diet.