

Beef

Potato-Topped Meat Loaf Casserole

Betty Crocker Best-Loved Casseroles

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

1 pound extra-lean ground beef
3 tablespoons plain bread crumbs
3 tablespoons steak sauce
1 tablespoon dried minced onion
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 egg
2 2/3 cups water
1/4 cup butter
2/3 cup milk
2 cups dry mashed potato flakes
1 1/2 cups frozen chopped broccoli, thawed
1/2 cup sharp cheddar cheese, shredded

Preheat oven to 350 degrees.

Spray an 8-inch square baking dish with cooking spray.

In a medium bowl, mix beef, bread crumbs, steak sauce, onion, 1/2 teaspoon of the salt, pepper and egg. Press in bottom and up the sides of baking dish to within 1/2-inch of top.

In a 2-quart saucepan, heat the water, butter and remaining salt to boiling...Remove from heat. Stir in milk and dry potatoes just until moistened. Let stand 30 seconds or until liquid is absorbed. Stir in broccoli and cheese. Spoon over meat shell.

Bake, uncovered, for 30 to 35 minutes or until meat thermometer inserted in center of meat loaf reads 160 degrees.

Let stand 5 minutes; drain liquid along edges.

Per Serving (excluding unknown items): 150 Calories; 13g Fat (73.9% calories from fat); 6g Protein; 4g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 816mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.