

Meat Loaf For One - Twice

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*1 pound lean ground beef
2 tablespoons onion,
minced
1/3 cup fine dry bread
crumbs
1 egg
1/8 teaspoon pepper
1 teaspoon prepared
mustard
1/2 teaspoon salt
2 tablespoons milk
2 tablespoons catsup
1/4 teaspoon garlic powder
1/4 cup sliced fresh
mushrooms (or one 4 ounce
can, drained)
barbecue sauce (optional)*

Preheat the oven to 350 degrees.

In a bowl, mix all of the ingredients except the barbecue sauce. Mix lightly but thoroughly. Divide the mixture in half. Place one half in an individual loaf pan. Top lightly with barbecue sauce if it suits your taste.

Place the second half in the center of a plastic wrap sheet. Apply barbecue sauce, if desired. Wrap the second loaf tightly in plastic wrap; label and freeze.

Bake the first loaf for 40 to 45 minutes.

Cool slightly before removing from the loaf pan to a serving plate.

Per Serving (excluding unknown items): 1337 Calories; 100g Fat (69.0% calories from fat); 89g Protein; 13g Carbohydrate; 1g Dietary Fiber; 557mg Cholesterol; 1883mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 12 1/2 Fat; 1/2 Other Carbohydrates.