

Meat Loaf in A Crust

Jean H Hertzog

The Pennsylvania State Grange Cookbook (1992)

Servings: 12

*2 pounds ground beef
1/4 cup onion, chopped
2 eggs, slightly beaten
1/2 cup dry bread crumbs
1/2 cup chili sauce
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon Worcestershire
sauce
1 tablespoon water
1 can (8 count) crescent
rolls
1 egg white, slightly beaten*

Preheat the oven to 350 degrees.

In a bowl, combine the ground beef, onion, eggs, bread crumbs, chili sauce, salt, pepper, Worcestershire sauce and water. Mix well. Shape into a loaf. Place in a shallow baking pan.

Bake for 50 minutes to one hour or until cooked through. Cool for 10 minutes. Remove to a baking sheet.

On a floured surface, roll the crescent roll dough into a 10x15-inch rectangle. Place the rectangle over the loaf. Trim the excess. Brush with the egg white.

Bake for 20 to 25 minutes longer or until golden brown.

Per Serving (excluding unknown items): 279 Calories; 22g Fat (71.0% calories from fat); 15g Protein; 5g Carbohydrate; trace Dietary Fiber; 100mg Cholesterol; 220mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 Fat; 0 Other Carbohydrates.