

Microwave Savory Herbed Meat Loaf

Virginia Maupin - Moberly, MO

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Servings: 6

2 pounds ground beef

*1/2 cup onions, finely
chopped*

*2 cups herb seasoned
stuffing mix*

2 eggs, slightly beaten

*1 can (8 ounce) tomato
sauce*

*1 can (4 ounce) mushroom
stems and pieces, drained
and chopped*

1 tablespoon parsley flakes

1 teaspoon salt

Preparation Time: 10 minutes**Cook Time: 13 minutes**

In a large bowl, combine the ground beef, onions, stuffing mix, eggs, tomato sauce, mushrooms, parsley and salt. Mix well.

Pat into a loaf evenly in a three-quart casserole.

Cook, covered with heavy duty plastic wrap, in the microwave on full power for 11 to 13 minutes, turning the dish halfway through cooking.

Let stand for a few minutes before serving.

Per Serving (excluding unknown items): 502 Calories; 42g Fat (76.2% calories from fat); 28g Protein; 2g Carbohydrate; trace Dietary Fiber; 199mg Cholesterol; 482mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 6 Fat.