

# Savory Meat Loaf Recipe

From [Woman's Day](#) | June 6, 1995

**Active Time:** [10 minutes](#)

**Total Time:** [1 hour 50 minutes](#)

## Recipe Ingredients

- 1 1/2 pounds each lean ground beef and lean ground pork
- 2 cups fine fresh bread crumbs (from 4 slices firm white bread)
- 1 can (5 ounces) evaporated milk (not sweetened condensed milk)
- 1/2 cup ketchup or tomato chili sauce
- 1/2 cup thinly sliced scallions
- 1/2 cup finely chopped red bell pepper
- 2 large eggs
- 1 tablespoon minced garlic
- 1 teaspoon each ground cumin, salt and pepper
- 1/4 teaspoon ground nutmeg

## Recipe Preparation

1. Heat oven to 350°F. Have a 9x5x3-inch loaf pan ready. 2. In a large bowl, mix all ingredients with hands or wooden spoon until well blended. Pack into loaf pan. 3. Bake 1 hour, 40 minutes or until no longer pink in middle and meat thermometer inserted in center of loaf registers 160°F. 4. Let stand 10 minutes before slicing and serving, or pour off juices in pan, cover tightly with foil and refrigerate up to 5 days.

## Nutrition Facts

Yield 1 loaf  
Servings 14

### Amount Per Serving

**Calories** 314

**Total Fat** 22g

Saturated Fat 0

**Cholesterol** 105mg

**Sodium** 375mg

**Total Carbohydrates** 8g

Dietary Fiber 0

**Protein** 19g