

Stuffed Meat Loaf

Mary Jo Wojton

The Pennsylvania State Grange Cookbook (1992)

Servings: 12

*1/2 cup onion, chopped
1/2 cup celery, chopped
2 tablespoons butter
4 cups dry bread cubes
1/2 teaspoon salt
1/4 teaspoon pepper
3 pounds ground beef
1 envelope onion soup mix
1/3 cup catsup
1 egg
2 tablespoons water (or
more)*

Preheat the oven to 250 degrees.

In a skillet, saute' the onion and celery in butter until tender. Add the bread, salt and pepper. Mix well. Set aside.

In a bowl, combine the ground beef, soup mix, catsup, egg and water. Mix well. Place 3/4 of the ground beef mixture into a casserole. Shape to the bottom and sides of the dish. Spread the onion mixture over the loaf. Top with the remaining ground beef mixture.

Bake, covered, for one hour and 15 minutes.

Serve with the onion soup gravy and mashed potatoes.

Per Serving (excluding unknown items): 395 Calories; 33g Fat (75.1% calories from fat); 20g Protein; 4g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 565mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 5 Fat; 0 Other Carbohydrates.