

MENU 23

SAVORY MEAT LOAF

1 can (10 1/2 oz.) condensed tomato soup
2 pounds ground beef
1 1/2 cups corn flakes, crushed lightly (or 1/2 cup packaged corn
flake crumbs)
1/2 chopped onion
2 tablespoons chopped parsley (1 T. dried parsley)
1 tablespoon Worcestershire
1 egg, slightly beaten
1 teaspoon salt
Dash pepper

Combine all ingredients; mix thoroughly.
Shape firmly into a loaf; place in shallow baking pan.
Thoroughly mixing and firm shaping will result in a moist, easy-to-slice
loaf.
Bake at 350 degrees for 1 1/4 hours.

8 servings.

To microwave, cook on full power for 12 minutes BUT use a ring pan.

SERVE WITH:

Scalloped Potatoes (see Recipe 21)

and

Mistake Salad (see Recipe 16)