

EVERYDAY MEATLOAF

- 2 eggs, beaten
- ¾ cup skim milk
- ½ cup fine, dry bread crumbs, cracker crumbs, crushed cereal, or oatmeal
- ¼ cup finely chopped onion
- 2 tablespoons parsley (optional)
- ½ teaspoon salt
- ½ teaspoon ground sage (optional)
- ⅛ teaspoon pepper
- 1½ pounds ground beef



Glaze:

- ½ cup ketchup or 1 can (8 oz.) tomato sauce
- 2 tablespoon brown sugar
- 1 teaspoon dried or prepared mustard

1. In bowl, combine the eggs and milk; stir in bread crumbs, onion, parsley, salt, sage, and pepper. Add ground beef.
2. Thoroughly mix meat and seasonings.
3. Firmly pat meat into circle in a shallow baking dish. To make individual meat loaves, pat smaller amount into small bread pans. Cover with aluminum foil.
4. Mix ingredients for Glaze. Place in sandwich-size freezer bag. Label with date.
5. Label loaf pan(s) with date and heating instructions. Tape bag of Glaze to pan and freeze.

Nutrition Facts

Serving Size	1 slice meatloaf(215g)
Servings per Recipe	6
Amount per Serving	
Calories 410	Calories from Fat 210
%Daily Value*	
Total Fat 23g	35%
Saturated Fat 9g	45%
Cholesterol 160mg	53%
Sodium 720mg	30%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 32g	
Vitamin A 8%	Vitamin C 8%
Calcium 8%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet

To prepare for serving:

In refrigerator, thaw Meatloaf. Bake at 350° Fahrenheit for 20-30 minutes. Spoon off dripping and fat. Spread Glaze over Meatloaf and bake 10 minutes longer. Check with meat thermometer to ensure an internal temperature of 165° Fahrenheit. Serves 6.

Enjoy with:

- Ice-cold milk
- Baked potatoes
- Baked acorn squash
- Fresh grapes