

## MEATLOAF

2 c. bread crumbs  
3/4 c. minced onion  
1/4 c. minced green pepper  
2 eggs  
2 lb. ground chuck  
2 tbsp. horse-radish  
2 1/2 tsp. salt  
1 tsp. dry mustard  
1/4 c. milk  
3/4 c. catsup

In a large bowl, with a fork, beat eggs slightly. Mix in chuck, then bread crumbs, onion, green pepper. Add horse-radish, salt, mustard, milk, 1/4 cup catsup. Combine well. Shape into loaf and spread remaining catsup on top. Bake at 400 degrees for 1 hour.

## MEXICAN STYLE MEATLOAF

1 1/2 to 2 lb. your favorite ground  
meat (beef, pork turkey, etc.)  
1 c. oatmeal, cracker crumbs or bread  
crumbs  
1/2 to 3/4 c. mild picante sauce  
(chunky style works well)  
1 egg  
Salt and pepper to taste

If needs moistening, add some tomato juice or try V-8. Mix ingredients together, shape into loaf and put in pan. Bake at 350 degrees for 1 hour, or until the loaf is firm. Serve with potatoes or rice and corn or cornbread.

## MEATLOAF

1 lb. ground beef  
2 c. bread crumbs  
1 beaten egg  
3/4 c. milk  
4 tbsp. minced onion  
1 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. dry mustard or 1/2 tsp. reg.  
mustard

Mix all ingredients together. Spread ketchup on top of meatloaf before baking. Bake at 350 degrees for 1 1/2 hours.

## TURKEY MEATLOAF

1 1/2 lb. ground turkey  
2 turkey Italian sausages  
1 onion, finely chopped  
5 cloves garlic, finely chopped  
1 egg  
Oatmeal  
1 (10 oz.) can tomato sauce (or  
larger)  
Crushed red pepper flakes  
Salt  
Pepper  
Dried parsley

Combine ground turkey, Italian sausage, onion, garlic, egg and about 1/4 of can tomato sauce. Add enough oatmeal for mixture to stick together. Add in red pepper flakes to taste, salt and pepper. Finally add dried parsley. Form into loaf. Place in 13 x 9 inch pan. Pour remaining of tomato sauce over loaf. Bake at 350 degrees for 60 minutes. Slice and serve.

## MEATLOAF IN ROUND BREAD

1 round loaf French bread  
1 can evaporated milk  
1 sm. onion, cut up  
1 sm. green pepper, chopped  
1 lb. ground meat  
1 egg, slightly beaten  
1 1/4 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. MSG (optional)

Cut thin slice from top of bread (save). Scoop out the inside of the loaf. Measure 2 cups of bread crumbs and soak in the milk 10 minutes. Add onion, green pepper, beef, egg, salt, pepper and MSG. Mix well. Fill bread case with mixture. Put the top slice back in place. Place on lightly greased pan. Bake in 350 degree oven for 1 hour and 15 minutes. Serve with hot tomato sauce or salsa.

## MEATLOAF MUFFINS

1 egg  
1/2 c. milk  
3/4 c. soft bread crumbs

Onions; optional  
1 1/2 tsp. salt  
1/2 tsp. pepper  
1 lb. ground beef

Mix all the ingredients in a large bowl. Press mixture into muffin tins to almost the top. Preheat oven to 350 degrees. Bake 30-35 minutes. Pour mushroom gravy over each muffin.

#### GLAZE FOR OVER HAM OR MEATLOAF

1 c. ketchup  
3/4 c. brown sugar  
Dash Worcestershire  
1 tbsp. dry mustard

Mix all together and pour over meatloaf or ham before baking.

#### MUSTARD SAUCE FOR MEATLOAF

1/2 c. sugar  
1/4 c. butter  
1 tsp. flour  
1/2 c. Campbell's bouillon  
1/4 c. weak vinegar  
1/2 c. prepared mustard  
2 eggs

Mix all ingredients in a blender. Pour into saucepan and heat over medium heat, stirring constantly.

## MEATLOAF SAUCE

1 (32 oz.) bottle catsup  
1 tsp. chili powder  
4 tbsp. cornstarch  
2 c. sugar (or less)  
1/2 c. vinegar  
1 tbsp. prepared mustard  
1 onion, grated

Combine all ingredients in saucepan. Simmer over medium heat until thick.

## MEATLOAF CASSEROLE

1 lb. hamburger  
1 can Cheddar cheese soup  
1 box frozen tater tots

Make your favorite meat loaf and press it into a 9 x 9 inch cake dish or casserole. Spread 1 can Cheddar cheese soup over meatloaf. Using 1 box frozen tater tots. Arrange on top of soup. Bake at 350 degrees for about 1 hour.

## MEXICAN MEATLOAF CASSEROLE

2 lbs. ground beef, seasoned  
2 sm. cans (8 oz.) mild taco sauce  
1 tomato paste  
1 can cream of mushroom soup  
1 chicken & rice soup  
1 sm. can green chilies, chopped  
1 sm. onion, chopped  
1 bag corn tortilla chips  
Cheddar cheese, grated

Brown meat and onions. Add other ingredients except chips and cheese in 9 x 13 inch dish. Layer meat mixture, chips and cheese, ending with meat and cheese. Bake at 350 degrees until cheese is melted.

### PEGGY'S LEFTOVER MEATLOAF CASSEROLE

2 c. noodles, cooked & drained  
1/2 c. onion, chopped  
1/2 c. green pepper, chopped  
2 tbsp. margarine  
1 (8 oz.) can tomato sauce  
1/4 c. chili sauce  
1/4 c. water  
1 tsp. prepared mustard  
1 tsp. Worcestershire sauce  
1 1/2-2 c. diced meat loaf  
1/2 c. grated Cheddar cheese

### MEATLOAF CASSEROLE

1 lb. ground beef  
1/2 pkg. or 15 saltine crackers,  
crushed  
1 onion, chopped  
1 egg  
1/4 c. milk  
1/2 tsp. salt  
1/2 tsp. black pepper, ground  
1 can green beans  
1 sm. can tomato sauce

1 can (16 oz.) stewed tomatoes  
3 slices American cheese or Velveeta

Mix beef, crushed crackers, onions, egg, milk, salt and pepper. Spread half of beef in bottom of casserole dish. Drain green beans, add on top of beef. Drain tomatoes and pour on top. Add tomato sauce and then put slices of cheese to cover that. Finally put remainder of beef to cover cheese. Bake at 450 degrees until done. This sounds unusual, but is very good!

### CANDICE'S MEATLOAF

1 1/2 lbs. hamburger  
1 c. puffed rice  
1 c. milk  
1 egg  
1 sm. onion, chopped  
1 tbsp. Worcestershire sauce  
1 1/2 tsp. salt  
1 1/2 tsp. dry mustard  
1 1/4 tsp. pepper  
1/4 tsp. ground sage  
2 cloves of garlic, crushed  
1 can tomato sauce (8 oz.)

Mix all ingredients until well mixed. Put in un-greased loaf pan. Place in 350 degree oven for 1 hour. Pull out and pour 1 (8 ounce) can tomato sauce. Place in oven for an additional 30 minutes until well cooked. Serves 6.

### 20-MINUTE MEATLOAF

1 1/2 lb. ground beef (8 loaves)

1 tsp. salt  
1/4 tsp. pepper  
2 tbsp. dehydrated onion flakes  
1 lg. egg, slightly beaten  
1 c. bread crumbs  
1 (8 oz.) can tomato sauce

Combine all ingredients. Shape into 8 oval loaves. Bake at 450 degrees for 15 minutes. Meanwhile, prepare the sauce. 2 tbsp. brown sugar 2 tbsp. parsley flakes 1 tsp. Worcestershire sauce Combine. Spoon excess grease off meat loaves; pour sauce over and bake 5 minutes longer.

### CROCK POT OR OVEN MEATLOAF

2 lbs. lean ground beef  
2 eggs  
2/3 c. Quaker Oats  
1 pkg. dry onion soup mix  
1/2 c. catsup or barbecue sauce

Reserve 2 tablespoons catsup. Combine beef, eggs, oats, soup mix and remaining catsup. Shape into a round loaf for crock pot or oblong for oven. Put into crock pot. Top with remaining catsup. Cover and cook on low 8 to 10 hours or on high 4 to 6 hours or 350 degree oven for about 1 hour and 15 minutes. Cover with foil if browning too fast. This slices very well for sandwiches the next day.

### CREOLE MEATLOAF

1 lb. ground meat  
1/2 c. chopped onion  
1/2 c. skim milk  
1 egg, beaten



1/2 c. Italian bread crumbs  
1/2 tsp. dry mustard  
Vegetable cooking spray  
Creole sauce

Combine all ingredients, except cooking sauce. Shape into loaf; pout in 8 1/2 x 4 1/2 x 3 inch loaf pan coated with cooking spray. Bake at 350 degrees for 1 hour. 6 servings.

## MEATLOAF OR HAMBURGER PATTIES WITH TOMATO SAUCE

1 1/2 lbs. Laura's lean beef  
1/4 c. chopped onion  
2 eggs  
3/4 c. Grape Nuts  
1 sm. can tomato sauce  
Salt & pepper as desired  
2 tbsp. Worcestershire sauce  
15 oz. can tomato sauce

(Or your favorite meat loaf recipe for above.) Mix "meat loaf mixture" as for meat loaf. Shape into hamburger-size patties and fry in pan on medium heat until lightly browned. Pour tomato sauce over patties and simmer until patties are completely cooked, 15 to 20 minutes. Serve with mashed potatoes.



Free Cook Books  
Coolgreenery.com