

# Chinese Meat Loaf

*Mildred R Neal*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 8**

*1 pound ground beef  
1 cup onion, chopped  
3 cups celery, chopped  
2 cans (4 ounce)  
mushrooms, drained  
1 can (10 ounce) chicken  
with rice soup  
1 can (10 ounce) mushroom  
soup  
2 cups chow mein noodles  
1/2 cup cashews (optional)  
1/4 cup chow mein noodles*

Preheat the oven to 350 degrees.

In s skillet, brown the ground beef with the onion and celery, stirring frequently. Drain.

Add the mushrooms, soups, 2 cups of noodles and cashews. Mix well. Spoon into a casserole dish. Top with 1/4 cup of noodles.

Bake for 45 minutes.

Serve with rice.

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Per Serving (excluding unknown items): 275 Calories; 20g Fat (66.0% calories from fat); 11g Protein; 12g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 244mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.