
Firehouse Meatloaf

Sue Maidel

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 pounds ground beef
1 cup onion soup mix
1/2 cup oatmeal
2 eggs
1/3 cup onion, chopped
3 tablespoons garlic powder
3/4 cup ketchup
4 ounces shredded Cheddar cheese
water or milk, to moisten
ketchup (for topping)
parsley flakes (for topping)

Preheat the oven to 350 degrees.

In a large bowl, combine the ground beef, soup mix, oatmeal, eggs, onion, garlic powder and ketchup. Mix well. Add the cheese and water. Mix well again.

Shape into a loaf in a baking pan. Glaze the loaf with ketchup and sprinkle parsley flakes on top.

Bake in the oven for one hour.

Ground Beef

Per Serving (excluding unknown items): 4561 Calories; 306g Fat (59.9% calories from fat); 233g Protein; 228g Carbohydrate; 33g Dietary Fiber; 1327mg Cholesterol; 24797mg Sodium. Exchanges: 11 1/2 Grain(Starch); 27 1/2 Lean Meat; 1 Vegetable; 45 1/2 Fat; 3 Other Carbohydrates.