

Fluffy Meatloaf (Microwave)

Susan Brick - Aberdeen, SD

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Servings: 4

*1 pound ground beef
3 medium bread slices, torn
into small pieces
1 cup milk
1 egg, beaten
1/4 cup minced onion
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon dry mustard
1/4 teaspoon sage
1/4 teaspoon celery salt
1/4 teaspoon garlic salt (or
powder)
1 tablespoon
Worcestershire sauce
ketchup*

Preparation Time: 10 minutes

Cook Time: 30 minutes

In a bowl, combine all of the ingredients except ketchup. Form a loaf in a loaf dish. Drizzle with ketchup.

Cover the dish loosely with waxed paper to prevent spattering.

Microwave for 25 to 30 minutes on "Roast" or "Medium" setting, turning when half way through and pouring off any excess juice.

(To cook in a conventional oven, double the cooking time.)

Per Serving (excluding unknown items): 466 Calories; 34g Fat (66.8% calories from fat); 24g Protein; 14g Carbohydrate; 1g Dietary Fiber; 158mg Cholesterol; 894mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.