
Marvelous Meatloaf

Ethel Vander Weide

Nettles Island Cooking in Paradise - 2014

1 1/2 pounds meat loaf mix

1 can evaporated milk

1/4 cup chopped onion

1 teaspoon pepper

1/4 cup ketchup

2/3 cup bread crumbs

2 eggs

1 teaspoon salt

1/2 teaspoon sage

In a bowl, combine all of the ingredients. Mix well.

Place the mixture into a loaf pan.

Bake in a 350 degree oven for about one hour.

Ground Beef

Per Serving (excluding unknown items): 852 Calories; 33g Fat (34.9% calories from fat); 40g Protein; 99g Carbohydrate; 4g Dietary Fiber; 498mg Cholesterol; 3867mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.