

Meat Loaf Barbecue Style

Louise Bise - Nashville, TN

Treasure Classics - National LP Gas Association - 1985

Servings: 8

1 1/2 pounds ground beef
1/2 cup fresh bread crumbs
1 onion, finely chopped
1 egg, beaten
1 1/2 teaspoons salt
1/4 teaspoon pepper
2 cans (8 ounce ea) tomato sauce
1/2 cup water
3 tablespoons vinegar
3 tablespoons brown sugar
2 tablespoons prepared mustard
2 teaspoons Worcestershire sauce
rice (if desired)

Preparation Time: 30 minutes

Bake Time: 1 hour 15 minutes

In a bowl, combine the ground beef, crumbs, onion, beaten egg, salt, pepper and 1/2 can of tomato sauce.

Form the mixture into a loaf. Place the loaf into a 7x10-inch shallow baking pan.

In a bowl, combine the remaining tomato sauce, water, vinegar, brown sugar, mustard and Worcestershire sauce. Pour over the loaf.

Bake at 350 degrees for one hour and 15 minutes. Baste occasionally.

Serve with rice, if desired. The sauce is delicious on slices of the meat loaf as well as with the cooked rice.

Per Serving (excluding unknown items): 322 Calories; 24g Fat (65.9% calories from fat); 16g Protein; 11g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 913mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates.