

# Meat Loaf Mix

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*2 cups dried bread crumbs  
1 tablespoon salt  
1/2 teaspoon black pepper  
1 tablespoon parsley flakes  
1/2 cup non-fat dry milk  
3 teaspoons poultry  
seasoning  
3 tablespoons instant  
minced onion  
3 tablespoons green pepper  
flakes  
1/3 cup water  
1 egg , beaten  
2/3 cup seasoning mix  
1 pound ground beef*

In a bowl, mix the bread crumbs, salt, black pepper, parsley flakes, dry milk, poultry seasoning, minced onion and pepper flakes.

Store the mixture in a tightly covered container in a cool place. Makes three cups.

When ready to cook, add the water, egg, seasoning mix and ground beef. Mix well.

Form a loaf in a 8x4-inch loaf pan.

Bake at 350 degrees. for one hour or until done as desired.

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Per Serving (excluding unknown items): 1421 Calories; 121g Fat (77.5% calories from fat); 76g Protein; 3g Carbohydrate; 1g Dietary Fiber; 386mg Cholesterol; 6708mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 18 Fat.