

Meatloaf Indiana

Margie Stutsman - Scottsburg, IN
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Yield: 12 servings

1 egg
1/4 cup milk
1 1/2 slices bread, broken into small pieces
1 onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon sage
3 pounds ground beef
SAUCE
1 cup ketchup
1/4 cup brown sugar
2 teaspoons Worcestershire sauce

Preparation Time: 15 minutes**Bake Time: 1 hour**

In a large bowl, mix together the egg and milk. Add the bread broken into small pieces. Stir until the bread is wet.

Add the onion, salt, pepper and sage. Mix well. Add the ground beef. Form a loaf in a three- or four-quart baking dish.

Cook the meatloaf in a 350 degree oven for one hour.

In a bowl, mix the ketchup, brown sugar and Worcestershire sauce. Pour over the meatloaf for the last 15 minutes of cooking time. (You may have to drain the baking dish of excess fat before adding the sauce.)

(You can substitute ground turkey or any other ground meat instead of beef.)

Per Serving (excluding unknown items): 4873 Calories; 371g Fat (68.9% calories from fat); 243g Protein; 135g Carbohydrate; 6g Dietary Fiber; 1378mg Cholesterol; 6322mg Sodium. Exchanges: 1 1/2 Grain(Starch); 33 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 55 1/2 Fat; 7 Other Carbohydrates.