

Roll-In-One Meat Loaf

Margery Carenzo

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

*1 can (15 ounce) tomato
soup
1 1/2 pounds ground beef
1/2 cup dry bread crumbs
1/4 cup minced onion
2 tablespoons chopped
parsley
1 egg, slightly beaten
1 package frozen cut green
beans, cooked and well
drained*

In a bowl, combine 1/2 cup of the soup, ground beef, bread crumbs, onion, parsley and egg. Mix well.

On a sheet of waxed paper, pat into a 12x9-inch rectangle. Spread the green beans to within one inch of all the edges. Pat firmly to imbed into the meat.

With the aid of waxed paper, roll the meat tightly, jelly roll fashion, starting at the long edge. Seal the ends. Use waxed paper to transfer the roll to a baking dish.

Bake in a 350 degree oven for 40 minutes.
Spoon off the fat. Pour the remaining soup over the loaf.

Bake 10 minutes longer.

Per Serving (excluding unknown items): 2502 Calories; 191g Fat (69.4% calories from fat); 129g Protein; 60g Carbohydrate; 3g Dietary Fiber; 791mg Cholesterol; 1699mg Sodium. Exchanges: 3 1/2 Grain(Starch); 17 Lean Meat; 1/2 Vegetable; 28 1/2 Fat.