

Sherry`s Yummy Meatloaf

Ann hinton - Pinehurst, NC

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Servings: 6

2 pounds ground chuck or beef

2 cups Old English cheese, cubed

1 medium onion, chopped

1 green pepper, chopped

2 cups brown bread, pulled apart in places

2 eggs

1 cup milk

A-1 sauce

1 can (12 ounce) V-8 juice

Preparation Time: 10 minutes

Bake Time: 1 hour 30 minutes

In a bowl, mix together the ground chuck, cheese, onion, green pepper, brown bread, eggs and milk. Separate into two portions. Shape into two loaves. Place the loaves into two baking pans. (The two loaves could both be baked in a large casserole dish.)

Pour the A-1 sauce on top of each loaf. Pour the V-8 juice on top after the A-1 sauce.

Bake at 325 degrees for one and one-half hours.

Per Serving (excluding unknown items): 62 Calories; 3g Fat (44.3% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 44mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.