

# Vegetable Soup Meat Loaf

Mary Lou Templin

*The Pennsylvania State Grange Cookbook (1992)*

## Servings: 8

*1 pound ground beef  
1 can (10 ounce) vegetable  
soup  
1/2 cup bread crumbs  
2 tablespoons flour  
1 tablespoon parsley,  
minced  
1 egg, beaten  
1/8 teaspoon Mrs Dash  
seasoning OR pepper  
finely chopped onion  
(optional)  
finely chopped celery  
(optional)  
finely chopped green bell  
pepper (optional)  
4 slices bacon (optional)*

Preheat the oven to 350 degrees.

In a bowl, combine the ground beef, soup, bread crumbs, flour, pastry, egg and seasoning. (You may optionally add onion, celery and green pepper). Mix well. Shape into a loaf.

Place two slices of bacon in a baking pan. Add the meat loaf. Top with two slices of bacon.

Bake for 45 minutes to one hour or until cooked through.

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Per Serving (excluding unknown items): 228 Calories; 16g Fat (65.3% calories from fat); 12g Protein; 8g Carbohydrate; trace Dietary Fiber; 75mg Cholesterol; 209mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.