

Cottage Meat Loaf

SAMPLE



Great Ways with
Ground Meats Card **66**

Group **8**



Moist texture with a satisfying rich flavor, this homey meat loaf has an appealing topping of ketchup, mustard and brown sugar.

Preparation time: 15 min.
Baking time: 35 to 45 min.

Oven temperature:
400°F

Microwave cooking:
see other side

For 5 to 6 servings you will need:

- 1½ lbs. lean ground beef
- ½ cup tomato ketchup
- ½ cup tomato juice
- ½ tsp. each salt and black pepper
- ½ tsp. red pepper
- 2 eggs, beaten
- ¾ cup fresh bread crumbs
- ¼ cup finely chopped onions
- 2 tsp. prepared mustard

Topping:

- ¼ cup tomato ketchup
- ½ tsp. prepared mustard
- 2 tsp. brown sugar
- Fresh herbs, for garnish, optional

**MONEY-
SAVING**

Preparation:

- 1** In large bowl, combine ketchup, tomato juice, salt, black and red peppers, eggs, bread crumbs, onions and mustard. Mix until thoroughly blended.
- 2** Add ground beef. Mix gently but thoroughly.
- 3** Line a 9-by-5-inch loaf pan with foil. Press in the beef mixture.
- 4** In a separate bowl, combine the topping ingredients, mixing well. Spread topping over the meat loaf.
- 5** Bake at 400°F for 35 to 45 minutes or until done.
- 6** Drain off fat. Rest meat loaf 5 minutes before serving. Garnish with fresh herbs, if desired.

Good served with:
Spinach salad, mashed potatoes and buttered broccoli.

How to Microwave Cottage Meat Loaf



Microwave setting HIGH 100%/MEDIUM 50%
Microwave cooking
time 20 min.

For 5 to 6 servings you will need:

- 1½ lbs. lean ground beef
- ½ cup tomato ketchup
- ½ cup tomato juice
- ½ tsp. each salt and black pepper
- ½ tsp. red pepper
- 2 eggs, beaten
- ¾ cup fresh bread crumbs
- ¼ cup finely chopped onions
- 2 tsp. prepared mustard

Topping:

- ¼ cup tomato ketchup
- ½ tsp. prepared mustard
- 2 tsp. brown sugar

Tips:

For easier shaping, press meat mixture into a 9-inch ring mold. Then invert onto microsafe baking dish.

Preparation:

1 In large bowl, combine ketchup, tomato juice, salt, black and red peppers, eggs, bread crumbs, onions and mustard. Mix until thoroughly blended.

2 Add ground beef. Mix gently but thoroughly.

3 On microsafe baking dish, form meat mixture into a 9-inch ring. Cover with waxed paper.

4 Microwave at HIGH power for 5 minutes. Pour off any juices.

5 Microwave, covered, at MEDIUM power for about 10 minutes.

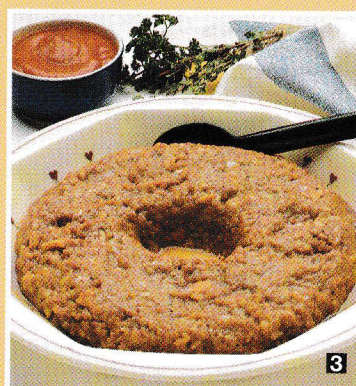
6 Remove waxed paper. Spread top of meat loaf with the topping mixture.

7 Microwave, uncovered, at HIGH power for about 5 minutes longer or until meat loaf is done.

8 Serve with noodles or rice and a green salad.



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PER SERVING		PERCENTAGE OF USRDA
Calories	314	Protein 36.9%
Protein	24.0 g	Calcium 3.5%
Fat	17.7 g	Iron 15.0%
Carbohydrates	14.0 g	Vitamin A 13.5%
Sodium	725 mg	Vitamin C 13.6%