

MEAT LOAF

Martha Linderman

1 lb. Ground chuck or lean ground beef

1 egg

1 C milk

1 C dry bread crumbs

1 small onion, minced

1 t salt

1 C dry bread crumbs

dash pepper

dash Worcestershire sauce

Mix all together and form into a loaf. Bake at 350 for 1 hr. 15 min.

#1 If your meat is very lean, you may need a little oil in pan.

#2 Bake in 1 lb. loaves even if you mix up 2 pounds of meat. (See #4)

#3 Best baked in glass dish i.e. pie pan.

#4 If you use 3 lbs. meat, make 1 ½ lb. loaves and bake 1 ½ hours.