

## All-American Meat Loaf

◀ FAMILY FAVORITE ▶

**PREP: 7 MINUTES    COOK: 55 MINUTES**

*With its sweet ketchup coating, this meat loaf may be familiar to many. For a new twist, try the Horseradish Meat Loaf variation. Your family will be pleasantly surprised by the tang.*

- 2 pounds ground chuck
- $\frac{3}{4}$  cup uncooked quick-cooking oats
- 1 medium onion, finely chopped
- $\frac{1}{2}$  cup ketchup
- $\frac{1}{4}$  cup milk
- 2 large eggs, lightly beaten
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  cup ketchup
- 3 tablespoons brown sugar
- 2 teaspoons prepared mustard

•Combine first 8 ingredients in a large bowl; shape into 2 (7½- x 4-inch) loaves. Place on a lightly greased rack in broiler pan; bake at 350° for 40 minutes.

•Combine  $\frac{1}{2}$  cup ketchup, brown sugar, and mustard; spoon over meat loaf, and bake 15 more minutes or until meat thermometer registers 160°. Yield: 2 loaves or 8 servings.

Per serving: Calories 337 Fat 17.8g  
Cholesterol 120mg Sodium 734mg

**Horseradish Meat Loaf:** Add 1 tablespoon prepared horseradish to beef mixture and 1 tablespoon horseradish to ketchup sauce mixture.

## Blue Cheese Meat Loaf Roll

**PREP: 25 MINUTES    COOK: 1 HOUR**

*This meat loaf has a crusty brown top and blue cheese rolled inside. Serve it with a fruit salad or just sliced apples and pears.*

- 8 slices white bread, torn into small pieces
- $\frac{1}{4}$  cup milk
- 1 (4-ounce) package blue cheese, crumbled
- 1 large egg, lightly beaten
- 1 pound ground round
- $\frac{1}{2}$  pound ground pork
- 2 cups soft breadcrumbs (homemade)
- $\frac{1}{2}$  cup chopped onion
- 2 teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  cup ketchup
- 3 tablespoons chopped fresh parsley
- 1 tablespoon Worcestershire sauce
- 2 large eggs, lightly beaten
- Garnish: fresh parsley

•Combine torn bread and milk in a bowl; stir in blue cheese and 1 egg.

•Combine ground round and next 9 ingredients; shape into a 15- x 12-inch rectangle on heavy-duty plastic wrap. Spoon blue cheese mixture on top, spreading to within 1 inch of edges. Starting at short side and using plastic wrap to lift, roll up, jellyroll fashion. Press edges and ends to seal.

•Place meat loaf roll, seam side down, on a lightly greased rack; place rack in a foil-lined broiler pan. Bake at 375° for 1 hour or until meat thermometer registers 160°. Garnish, if desired. Yield: 6 servings.

Per serving: Calories 434 Fat 15.9g  
Cholesterol 189mg Sodium 1557mg