

Meat Loaf Supreme



PREPARATION TIME
10 minutes



COOKING TIME
1 hour



PERFECT PARTNER
mashed potatoes



Save time and money by planning for leftovers. Make a double-batch of topping and spread it on next-day meat loaf sandwiches. Serve on rye bread and top with lettuce and onion.

SHOPPING LIST

- ground beef
- bell pepper

ON HAND

- milk • egg • onion • ketchup
- bread crumbs • dried basil
- dried parsley • pepper
- honey • Worcestershire sauce

INGREDIENTS

- 1 small onion
- 1/2 green bell pepper
- 1/2 cup milk
- 1 egg
- 3/4 cup seasoned bread crumbs
- 1 teaspoon dried basil
- 1 tablespoon dried parsley
- 1/8 teaspoon pepper
- 1 1/2 pounds lean ground beef

TOPPING:

- 3 tablespoons ketchup
- 1 tablespoon honey
- 1/2 teaspoon Worcestershire sauce

SERVES **6**

COOKIN' *Express*

- To quickly blend meat loaf ingredients without a mess, simply slip plastic sandwich baggies over your hands before mixing.
- A foil-lined loaf pan allows you to lift the meat loaf out easily—without sticking.

Make Ahead

Prepare as recipe directs up to 2 days in advance. Cover meat loaf and refrigerate. Serve cold, or reheat in a warm oven.

◆ VARIATION

For a lean Mexican version, substitute ground turkey for the ground beef and add 1/4 cup salsa to the meat loaf mixture.

1 Preheat oven to 350°F. Line a 9 x 5-inch loaf pan with foil. Spray with cooking spray. Chop onion and bell pepper together in a food processor.



2 Combine milk and egg in a large bowl; add bread crumbs, basil, parsley and pepper. Stir until blended. Add onion and pepper; mix well. Add beef; mix just to combine ingredients.

3 Shape beef mixture in prepared loaf pan. Do not pack. For topping, combine ketchup, honey and Worcestershire sauce in a small bowl. Mix well. Spread evenly over top of meat loaf.



4 Bake meat loaf until cooked through, about 1 hour. Place pan on wire rack; let stand for 5 minutes. Lift meat loaf out of pan and place on a serving platter. Remove foil. Serve immediately.