



Meat Loaf

Serves 4-5

1 pound lean ground beef

1 egg

1/2 cup milk (variation: use tomato juice instead of milk)

1 cup quick oatmeal, uncooked

1/4 cup chopped fresh onion or dried equivalent

2 tablespoons dried parsley

1 teaspoon salt

1/4 teas. pepper

In a bowl, mix all the ingredients until well blended. Bake in a regular size loaf pan or in an 8 x 8 cake pan at 350° for one hour.

Scrub four to five medium to large potatoes (Idaho are best for baking), and pierce tops of each (as if making a cross). Bake these alongside the meatloaf.

Add a vegetable and fruit and in an hour, you have dinner.