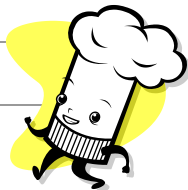

Meat Loaf – serves 4



Ingredients:

2lbs	Ground beef
1 1/2 cup	Cup bread or cracker crumbs
1	Pack of Lipton onion soup mix
2	Eggs
1/3 cup	Ketchup
3/4 cup	Water
1 can	15 oz tomato sauce

Directions:

Cook ground beef with onions, drain grease. Chop up bread crumbs. In a large bowl or casserole disk, add ground beef, bread crumbs, eggs, soup mix, ketchup and water. Mix up with hands until it can be shaped into a loaf. Place in casserole dish and cover with tomato sauce or ketchup (whichever you prefer). Cook for 1 hour at 350F.