

CHEESE MEAT LOAF

YOU NEED:

2 eggs
 1/3 cup milk
 2 slices bread
 1/2 onion

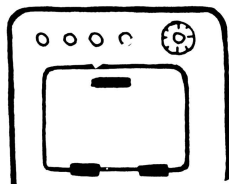
3/4 pound ground beef
 1/2 cup cut-up cheese
 1 teaspoon salt

SERVE WITH:

Baked Potatoes
 Stewed Tomatoes
 Mixed Salad Greens with Dressing
 Applesauce and Oatmeal Cookies
 Milk

1/

Heat oven. Set dial at 375°F.



GET READY:



2 eggs



1/3 cup milk



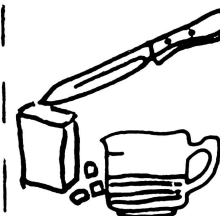
2 slices bread



1/2 onion, chopped



3/4 pound ground beef



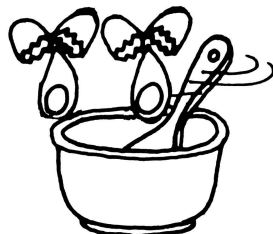
1/2 cup cut-up cheese



1 teaspoon salt

2/

Beat eggs in a bowl.



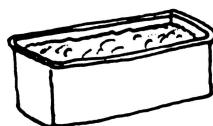
Soak bread in milk until all milk is absorbed.



Mix bread, onion, ground beef, cheese and salt into eggs.

3/

Shape mixture into a loaf. Place loaf in a baking pan.



Bake in oven at 375°F, for 1 hour.



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SMART SHOPPER RECIPE

U.S. D. A. CONSUMER AND MARKETING SERVICE



University of Missouri-Columbia

Extension Division

MP 136

