

Savory Meat Loaf

A Betty Crocker Kitchens favorite, this herb-flecked meat loaf is everything a good meat loaf should be!

- 1 1/2 pounds lean ground beef
- 1 cup milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chopped fresh sage leaves or 1/4 teaspoon dried sage leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/4 teaspoon pepper
- 1 garlic clove, finely chopped or 1/8 teaspoon garlic powder
- 1 egg
- 3 slices bread, torn into small pieces
- 1 small onion, chopped (1/4 cup)
- 1/2 cup ketchup, chili sauce or barbecue sauce

1. Heat oven to 350°F.
2. Mix all ingredients except ketchup. Spread mixture in ungreased loaf pan, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches, or shape into 9x5-inch loaf in ungreased rectangular pan, 13x9x2 inches. Spread ketchup over top.
3. Insert meat thermometer so tip is in center of loaf. Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer reads 160°F.

Per Serving: Calories 320 (Calories from Fat 160); Total Fat 18 g (Saturated Fat 7 g); Cholesterol 105 mg; Sodium 610 mg; Total Carbohydrate 15 g (Dietary Fiber 1 g); Protein 25 g

% Daily Value: Vitamin A 6 %; Vitamin C 4 %; Calcium 8 %; Iron 14 %

Exchanges: 1 Starch; 3 Medium-Fat Meat; 1/2 Fat

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