



Chunk O' Cheese Meatloaf

Preparation time: about 30 min.

Oven temperature: 350°F

Baking time: 1 to 1¼ hrs.

If you allow the meatloaf to cool approximately one hour after baking, it slices to reveal a mosaic of cheese chunks scattered throughout the loaf. It is excellent served hot, just warm or cold for picnics.

For 6 servings you will need:

- 1½ lbs. ground beef, or a combination of ground beef, pork and veal
- ¼ lb. (4 oz.) fresh mushrooms, chopped
- 1 medium onion, chopped
- ¼ cup minced parsley
- ¼ cup dry bread crumbs
- 1 egg
- 1¼ tsp. salt
- ¼ tsp. pepper
- ¼ cup milk
- ½ lb. (8 oz.) extra sharp Cheddar cheese

Good served with: Scalloped potatoes, a green vegetable and a fruit dessert. For a buffet, serve at room temperature with cheese, dark breads, a salad and a hearty red wine, if you like.

**MONEY-
SAVING**

Preparation:

1 Blend meat with chopped mushrooms, onion, parsley, bread crumbs, egg, salt, pepper and milk until well blended.

2 Dice cheese into ½-inch cubes. Blend into meat mixture (by hand), making sure to distribute the cheese chunks evenly.

3 Pack into a 9-by-5-by-3-inch loaf pan. Bake at 350°F for 1 to 1¼ hrs. Pour off liquid. Cool slightly before cutting.

If desired, serve with the following **Mustard Sauce:** Scald ¼ cup half-and-half. Add ¼ cup sugar. Gradually add ¼ cup cold half-and-half to a mixture of 2 Tbsp. dry mustard, 1 Tbsp. flour and ¼ tsp. salt. Add to hot cream; cook until thickened. Stir a little of mixture into 1 egg yolk; put back into pan and cook, stirring 2 min. Stir in ½ cup hot water.

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Great Ways with

Ground Meat Card 1

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