

Amateur Chef Judy Jones, Meadowood Resident

Mom's "Souperior Meat Loaf"

I chose my Mom's handwritten meatloaf recipe because it's delicious, especially in winter. It's easy to make and transport if you want to bring a hot meal to a friend (just wrap it in heavy duty foil – no plate needed). The first time I made Mom's recipe, I looked at the back of the Lipton Onion Soup box and guess what I found – a recipe for "Souperior Meat Loaf!" It exactly matched Mom's handwritten recipe except hers said "Mom's!" I laugh every time I make it. Sometimes I shape it into 2 smaller loafs in the same pan – one for myself and one for the freezer.

I like to pair it with broccoli (or cauliflower) casserole:

Steam a bunch of rinsed and salted broccoli or cauliflower until fork tender (about 15 minutes). Drain and mash. Add 1 cup sour cream (light or regular); 1 cup shredded cheese (cheddar or other); chopped onion, green onion or garlic if desired; salt and pepper to taste. Mix and pour into ungreased baking dish; sprinkle with paprika. Bake at 350 for 30 minutes (until edges are bubbly).



Ingredients:

1 envelope of Lipton Onion Soup Mix
2 pounds Lean Ground Chuck
 $\frac{3}{4}$ cup plain dry Bread Crumbs
2 eggs
 $\frac{3}{4}$ cup water
 $\frac{1}{3}$ cup Ketchup

Directions:

Preheat Oven to 350 degrees
In a large bowl, combine all ingredients.
In a 13 x 9 baking or roasting pan, shape into loaf.
Bake 1 hour and let stand for 10 minutes before slicing
Makes 8 servings