

Meat Loaf- serves 6

- 1 ½ lbs lean ground beef
- 1 cup cream of mushroom soup (not diluted)
- ½ teaspoon basil
- ½ teaspoon salt
- ½ teaspoon ground mustard
- ¼ teaspoon pepper
- 1 clove garlic
- 1 egg
- ¾ cup bread crumbs
- ¼ cup chopped onion
- ½ cup chopped green or red bell pepper
- 1 cup beef gravy

1. Pre heat oven to 350 F
2. Mix together all ingredients
3. Shape into desired size loaves and place into an ungreased pan
4. Bake for 1 hour or until temperature reads 160
5. Let stand 10 minutes before slicing
6. Top with gravy