

ITALIAN MEAT LOAF – Barbara Arminen

Our family has been making this recipe for OVER 55 years. Our mother got it out of one of the lady's magazines, probably McCalls or Lady's Home Journal.

In a large bowl break up :

2 slices white bread

2 slices rye bread (or whole wheat) but rye bread is best

Add:

1 cup milk

Let sit until all liquid is absorbed

Add:

3 lb ground meat. Can be all beef or a mixture of beef, veal and pork

1 onion diced fine

2 Tbsp fresh parsley (Can substitute with 1.5 tsp dry)

3 Tbsp Parmesan cheese

1 egg

1 tsp salt

Pepper

Mix gently with your hands shape into a "rounded" loaf

Put on cookie sheet

Dot with butter

Bake @ 350 until meat thermometer registers 155 deg

Remove from oven

Pour about 3-4 tbsp tomato sauce over, sprinkle with oregano

Return to oven for 10-15 min or until meat thermometer registers

160 deg

Remove from oven and let sit 10 min

Slice and enjoy!!!!!!!!!!

Makes fabulous sandwiches next day using Gaylen's bread recipe.

One last point

Since there are just 2 of us, I usually mix the whole recipe, divide it in half, shape the "loaves".

Bake one and freeze one for later.