



FROSTED MEAT LOAF



approx. 2.5
hours



8 servings

INGREDIENTS

- 4 cups flake cereal
Or 1 cup cereal crumbs
- 2 eggs slightly beaten
- 1 cup milk
- 2 tsp salt
- 1/8 tsp pepper
- 1 tsp Worcestershire sauce
- 1/4 cup chopped parsley
- 1 Tbsp chopped onion
- 1 1/2 pounds ground meat
(try 1 1/4 pounds beef to 1/4 pound pork or turkey)
- 4 cups mashed potatoes seasoned how you like them
- 1 more cup flake cereal
- 1 Tbsp margarine or butter melted

DIRECTIONS

1. Preheat oven to 350, grease 9x5x3 inch loaf pan and baking sheet or oven proof platter.
2. Make mashed potatoes and set aside.
3. In large mixing bowl, combine 4 cups cereal with the next nine ingredients (stop at the mashed potatoes) and mix thoroughly. Press neatly in a 9x5x3 inch loaf pan coated with cooking spray.
4. Bake at 350 degrees F for 1 hour.
5. Unmold loaf and place on baking sheet or ovenproof platter. Spread mashed potatoes all over the meatloaf.
6. Combine the remaining 1 cup of cereal with melted margarine and sprinkle evenly over mashed potatoes.
7. Return to oven and bake about 20 minutes longer until lightly browned and internal temperature reads 165 degrees F with a meat thermometer.

Recipe source adapted from: kelloggs.com



This material was funded by the USDA Supplemental Nutrition Assistance Program - SNAP.

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