



Executive Chef Michael Gavala Presents:

Comfort Foods Culinary Class

January 21, 2014

Meat Loaf

Ingredients:

1 lb ground beef, pork, veal or any combination (I use beef)
1 pkg Lipton Onion Soup Mix or use onion powder and minced onion
1-2 T finely minced fresh garlic
2 slices bread
1/4 c breadcrumbs
1/2 c ketchup
2-3 T dried parsley
1 egg
milk (enough to soak dried onion, bread and breadcrumbs)

Instructions:

Soak bread, breadcrumbs and onion flakes in milk.

Add all other ingredients and mix well.

Shape into a loaf.

OPTIONAL: Brush outside with ketchup and bake at 400 for 45 min to an hour.