

Meat Loaf

This week's recipe is brought to you by Heavenly Delights (©1990), produced by Mt Mitchell United Methodist Church's United Methodist Women. The Meat Loaf recipe is on page 40 and was submitted by Mrs. Lucille Eagle.

- 1 lb ground beef
- 1 cup bread crumbs
- 1 egg
- 1 small bell pepper, chopped
- 1 medium onion, chopped
- 1 can tomato soup
- Salt & Pepper to taste

Mix all ingredients thoroughly, saving about 1/4 of the tomato soup to spread on top of the mixture when placed in a baking dish. Bake about 1 hour in a 350 degree oven.