

Shelter Meal Meatloaf

Say a short prayer immediately before, while, or immediately after forming the loaf...it greatly enhances the flavor.

3/4 cup Italian bread crumbs, or herb bread stuffing

1 tablespoon garlic powder, or crush 6 cloves of fresh garlic

1/2 tablespoon dried basil

1/2 tablespoon black pepper

1 1/8 pounds lean ground beef

1/4 cup condensed tomato soup, for richer loaf substitute an equal amount of tomato sauce

1 large egg, well beaten

1. Place bread crumbs, garlic, basil and black pepper in a large bowl, mix thoroughly.
2. Add ground beef to bread crumb mixture, mixing well until ground beef is well coated. This mixture will be both coarse and dry.
3. Form a trough in the ground beef mixture, add tomato soup and egg to trough and blend well with fork. Work ground beef into liquid.
4. Knead loaf mixture with both hands, loaf will be very sticky.
5. Form loaf in loaf pan.
6. Cover loaf with plastic wrap or aluminum foil and refrigerate for at least 4 hours but not longer than 24 hours.
7. Preheat oven to 350°.
8. Remove cover from loaf and place in oven for 1 1/2 hours.
9. Test loaf with meat thermometer after 1 1/4 hours and every 5 minutes thereafter, ensure loaf has reached an internal temperature of 165°.
10. Cool 5 minutes.
11. Drain off and discard all drippings.
12. Tightly cover roast pan with aluminum foil
13. If less than thirty six hours until serving, refrigerate.
14. If more than thirty six hours until serving, freeze loaf.
15. If loaf is frozen, remove from freezer and place in refrigerator, 24 hours before serving.

Thank you!