
LITTLE CHEDDAR MEAT LOAVES

1 egg
3/4 c. milk
1 c. (4 oz.) shredded cheddar
cheese
1/2 c. quick oats
1/2 c. chopped onion

1 tsp. salt
1 lb. lean ground beef
2/3 c. catsup
1/2 c. packed brown sugar
1 1/2 tsp. prepared mustard

Beat egg and milk together. Stir in cheese, oats, onion and salt. Add beef and mix well. Shape into eight loaves; place in a greased 9 x 13-inch dish. Combine catsup, brown sugar and mustard. Spoon over loaves. Bake, uncovered, at 350° for 45 minutes.

GLAZED MEAT LOAF

1 1/2 lbs. ground beef
1 chopped onion
1/2 can (8 oz.) tomato sauce

Salt and pepper to taste
1 egg, beaten
1 c. fresh bread crumbs

Glaze:

1/2 can (8 oz.) tomato sauce
1/2 c. water
2 T. vinegar

2 tsp. prepared mustard
3 T. brown sugar

Mix all ingredients for meat loaf. Form into loaf; place in baking dish. Bake for 15 minutes at 350°. **Glaze:** Combine glaze ingredients; pour over meat loaf and continue baking for 1 hour, basting often.

MARIAN'S BEEF STROGANOFF

2 lbs. round steak
1 tsp. tenderizer
4 T. margarine
1 c. onions, chopped
3 T. flour
1 bouillon cube
1 T. ketchup
1/4 tsp. garlic powder

1/2 tsp. salt
1/8 tsp. pepper
1 (15-oz.) can beef broth
1/4 tsp. dill weed
1 can cream of mushroom soup
1 sm. can whole mushrooms,
drained
1/2 c. sour cream

Trim and cut meat in pieces (cubes or strips). Add tenderizer as directed. Brown meat in 1 tablespoon of margarine in heavy skillet. Take meat out; set aside. Cook onions in remainder of margarine. Stir in flour, bouillon cube, ketchup, garlic powder, salt and pepper. Stir until smooth.

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