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\*FOOD FORUM\*  
\* Dorothy Johnson \*  
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**MEAT LOAF IN DISGUISE**

Meat loaf an old time family favorite, is a relatively economical main dish. Here are a few different twists to this popular entree with the addition of cheese, vegetables, rice or even cornbread.

**CHEESE STUFFED MEAT LOAF**

- 1(8oz.) pkg. sliced American cheese, divided
- 2 eggs slightly beaten
- 2 lbs. ground beef
- 1 cup milk
- 1 cup uncooked oatmeal, regular or quick cooking
- 3/4 cup chopped onion
- 2 tbsp. finely chopped green pepper
- 2 tsp salt
- 1 tbsp prepared mustard
- 1 tsp prepared horseradish

Cut cheese in half diagonally; save half of the cheese triangles for top of meat loaf. Finely chop remaining cheese slices and combine with remaining ingredients, mix thoroughly. Make meat loaf. Cook on foil covered shallow baking pan; fold foil edges up around meat loaf to hold juices during baking. Bake about 1 hour. 2 or 3 minutes before taking out of oven, lay cheese slices double thick over the top of loaf, return to oven just long enough to soften cheese.

**SOUTHERN BELL MEAT LOAF**

- 1/4 cup chopped green pepper
- 1/4 cup diced celery
- 3 tbsp melted butter
- 1-1/2 lbs ground beef
- 1/2 lb ground pork
- 2 eggs slightly beaten
- 1/8 tsp pepper
- 1 tsp salt
- 1 (10-1/2 oz.) can onion soup
- 1-1/2 cups crumbled corn bread
- 1 (8 oz.) can tomato sauce

Saute green pepper and celery in butter until golden brown. Combine with remaining ingredients. Pack meat loaf into a greased loaf pan. Bake about 350 degrees for 1 hour.

**CREOLE MEAT LOAF**

- 2 lbs ground beef
  - 1 (15 oz.) can spanish rice
  - 1 tsp salt
  - 2 eggs, slightly beated
  - 1/2 tsp hot sauce
  - 4 slices American cheese
- Sauce

Combine all ingredients except cheese and sauce. Pack half of the mixture into a greased loaf pan. Cover with cheese slices and pack remaining meat on top. Bake at 350 degrees for 1 hour. Serve with Sauce.

**SAUCE**

- 1 (8 oz.) can tomato sauce
- 1/4 cup sweet pickle relish
- 1/4 cup chopped onion
- 1 tbsp brown sugar
- 1 tbsp vinegar
- 1 tbsp worchestershire sauce

Combine all ingredients; stir over medium heat until well blended. Serve over Creole meat loaf.

**FROSTED MEAT LOAF**

- 3 lbs ground beef
- 1/3 cup grated onion
- 1-1/2 cup soft bread crumbs
- 3/4 cup strong coffee
- 2 tsp salt
- 1 tbsp prepared mustard
- 1 tbsp worcestershire sauce
- 1/4 tsp hot sauce
- 3 cups hot mashed potatoes
- Cooked lima beans and carrots

Combine beef, onion, bread crumbs, coffee, and seasonings. Blend well. Pack lightly into greased ring mold. Bake at 350 degrees for 40 minutes. Drain off any liquid. Invert ring on serving platter. Quickly "frost with mashed potatoes. Brown under broiler. Fill center with cooked vegetables.

**CHEESEBURGER LOAF**

- 1/2 cup evaporated milk
- 1-1/2 bls ground beef
- 1-1/2 tsp. salt
- 1 tbsp catsup
- 1 egg
- 1 cup cracker crumbs
- 2 tsp. dry mustard
- 1 cup shredded cheese, divided

Combine all ingredients except cheese. Spread 1/2 cup cheese in bottom of greased loaf pan. Cover with half the meat mixture. Repeat with remaining cheese and meat mixture. Bake 1 hour at 350 degrees. Allow to stand 10 minutes before removing from pan.

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