

Meat Loaf

Mary M.

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| 2 | 1 egg | 4 | 2 T. finely chopped onion |
| 6 | $\frac{1}{2}$ c. milk | 5 | 2 t. salt |
| 8 | $1\frac{1}{2}$ c. bread crumbs or $\frac{1}{3}$ c. corn flakes | | |
| 7 | $\frac{1}{4}$ t. pepper | 3 | 1 T. worchestershire sauce |
| 1. | 2 # ground beef | | |

Bake 1 hour 350.