



For 6 servings, two slices each, you need:

- 3 slices bread
- 1 small onion
- 1/2 stalk celery
- 1 egg
- 2/3 cup fluid milk
- 1-1/2 pounds ground beef
- 1-1/2 teaspoons salt
- Pepper, as you like
- 1/4 cup catsup
- 1 teaspoon worcestershire sauce, if you like

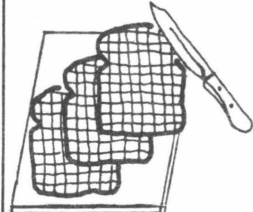
MENU SUGGESTION

- Baked Potato
- Stewed Tomatoes
- Raisin-Rice Pudding
- Milk Coffee

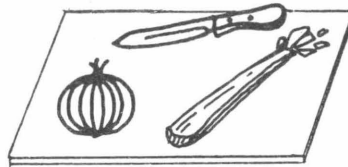
①



Preheat oven.
Set at 375° F.
(moderate).



Cut-up 3 slices
of bread.



Finely chop 1 small onion and
1/2 stalk celery.



Break 1 egg
in a large bowl.
Slightly beat egg.



Add bread
to egg.

②



Pour in 2/3 cup fluid milk.
Let bread soak up milk and egg.

Add onion, celery and



1-1/2 pounds
ground beef,

1/4 cup
catsup,

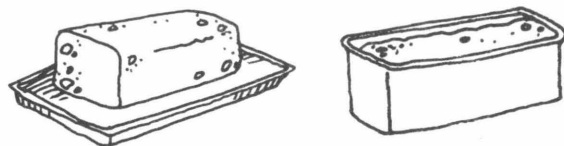
1-1/2 teaspoons
salt,

pepper, as
you like,

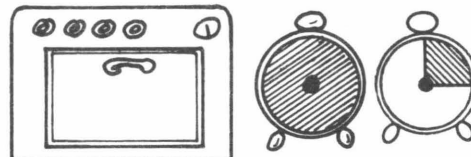


and 1 teaspoon
worcestershire sauce,
if you like. Mix well.

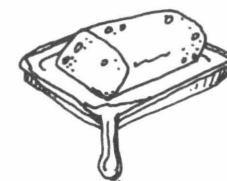
③



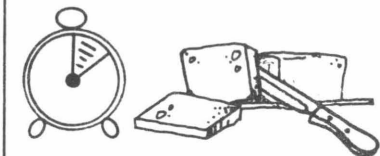
Shape in a loaf
in a shallow baking pan OR a loaf pan
9 by 5 by 3-inches.



Bake at 375° F. (moderate
oven) about 1-1/4
hours until browned.



Drain off
fat.



Let stand 10 minutes
for easier slicing.

SMART SHOPPER RECIPE

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

VA EFNEP
6/84
348-161