

Meat Loaf

1½ pounds ground beef	½ teaspoon dry mustard
3 slices bread, torn into small pieces*	¼ teaspoon pepper
1 egg	¼ teaspoon sage
1 cup milk	1/8 teaspoon garlic powder
1 small onion, chopped (about ¼ cup)	½ cup catsup, chili sauce or barbecue sauce (optional)
1 tablespoon Worcestershire sauce	
1 teaspoon salt	

Heat oven to 350°. Mix all ingredients except catsup. Spread mixture in ungreased loaf pan, 9x5x3", or shape into loaf in ungreased baking pan. Spoon catsup onto loaf. Bake uncovered 1 to 1¼ hours. Drain off fat. Six servings.

* You can substitute ½ cup dry bread crumbs, ½ cup wheat germ or ¾ cup quick-cooking oats for the bread pieces.

Saturday Night Special

1 pound ground beef	2 tablespoons ketchup
2 medium size onions	1 tablespoon prepared yellow mustard
1 can chicken gumbo soup	

Brown beef with onions. Add chicken gumbo soup, ketchup, mustard and a little water. Simmer 20-25 minutes.

Teriyaki Steak

½ cup soy sauce	1 ounce sherry wine
1 clove garlic, finely chopped	Steak of any kind (even halves of chicken)
¾ teaspoon ground ginger	
2 tablespoons sugar	

Mix all ingredients in pan. Marinate steak in mixture for about 1 hour, turning to saturate meat. Barbecue, broil or fry steak. Serve with white rice.