

## TODAY'S RECIPE

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I think one of the reason's we have not had many recipes for the "Quick and Easy" forum is that so many of our quick recipes call for some type of the dreaded "canned soup." I did find a few that do not so will send one in today and perhaps more later.

### Li'l Cheddar Meat Loaves

1 egg  
3/4 cup milk  
1 cup shredded cheddar cheese  
1/2 cup quick-cooking oats  
1/2 cup chopped onion  
1 t. salt  
1 pound lean ground beef  
2/3 cup ketchup  
1/2 cup packed brown sugar  
1 to 1 1/2 teaspoons prepared mustard

In a bowl, beat the egg and milk. Stir in cheese, oats, onion and salt. Add beef and mix well. Shape into eight loaves; place in a greased 13 x 9 baking dish. Combine ketchup, brown sugar and mustard; spoon over loaves. Bake, uncovered, at 350 degrees for 45 minutes or until the meat is no longer pink and a meat thermometer reads 160 degrees. YIELD: 8 servings.

Bon appetit from the Chef at World Wide Recipes