

Meat Loaf [Serves 8]

Utensils: Large Skillet

2 oz Cheddar Cheese

1 small Onion

1 medium Potato

1 - 8 oz can Tomato Sauce, divided

2 lbs lean Ground Beef or Ground Turkey

2 Eggs or ½ cup Egg substitute, slightly beaten

1 Tsp Salt

1 tsp pepper

Optional great seasonings include Oregano & Italian (about 1 tsp each)

Process Cheese and Potato using #1 cone; Onion using the #2 cone. Measure 1/3 cup Tomato Sauce; set aside. In a large bowl mix Ground Beef, Onion, and Potatoes with remaining Tomato Sauce, Eggs and Seasonings. Mix well; shape into loaf (or flatten in skillet), place in Large Skillet and top with reserved Tomato Sauce. Cover; cook over Medium heat until Vapo-Valve clicks. Reduce heat to Low and cook 30-35 minutes. Sprinkle Cheese over meat loaf and cook 3-4 minutes until Cheese melts.