



Guess What's Cooking Down East

By REBA MITCHELL

Here's one answer to prayer for the busy housewife. Try using your slow cooker occasionally.

Meat Loaf & Potatoes

- 1 1/2 lbs. lean ground beef
- 2 c. soft bread crumbs
- 1/2 c. finely chopped celery
- 1/2 c. tomato catsup
- 1/2 c. finely chopped green pepper
- 1/2 tsp. salt
- 1 egg beaten

Combine all ingredients. Shape in loaf. Put in slow cooker. Peel one large potato for each person. Place in slow cooker around meat loaf.

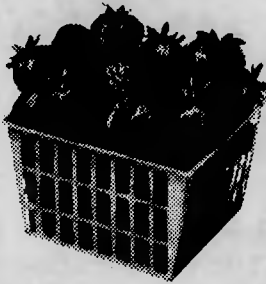
Pour 1 to 1 1/2 cups of your favorite sauce, Barbecue Sauce if you like over meat and potatoes. Cover and cook on low 10-12 hrs.

Serve with a heated canned vegetable or a quick cook, or pre-cooked vegetable, canned fruit, jello, or ice cream for a quick complete meal.

Microwave cooking use pyrex dish and cover with wax paper or plastic wrap. Cook 25-30 minutes on high or until meat and potatoes are done. Let stand covered 5 minutes before serving.

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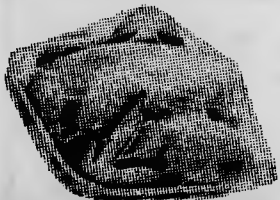
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