



THE J.M. SMUCKER Co

Pot Roast Meat Loaf

Prep Time Cook Time Serves Difficulty

N/A N/A N/A N/A

Ingredients

- 2 tbsp (30 mL) Vegetable Oil
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) each salt and pepper
- 4 large carrots, cut in chunks
- 4 large potatoes, cut in chunks
- 1 large onion, quartered
- 1 1/3 cups (325 mL) **Carnation®** Fat Free Evaporated Skim Milk

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- 2/3 cup (150 mL) each dry bread crumbs and chili sauce or ketchup
- 4 tsp (20 mL) Worcestershire sauce
- 2 lb (1 kg) lean ground beef
- 1/2 cup (125 mL) chili sauce or ketchup

Directions

Step 1:

Preheat oven to 375°F (190°C). Grease 9 x 5 inch (23 x 12 cm) baking dish; set aside

Step 2:

Combine oil, parsley and half each of the salt and pepper in large bowl; add vegetables and toss to coat.

Step 3:

Combine evaporated milk, bread crumbs, chili sauce, Worcestershire sauce and remaining salt and pepper in another large bowl. Stir in beef.

Step 4:

Form mixture into a loaf and place in prepared pan. Surround with vegetables; cover with foil. Bake 45 minutes.

Step 5:

Remove from oven; remove foil. Spread chili sauce on top of loaf.

Step 6:

Bake, uncovered, 45 minutes longer or until internal temperature reaches 160°F (71°C).

Images

