



IHM Outreach Ministry  
Our Daily Bread  
Beef Loaf Casserole Recipe

1 egg, slightly beaten  
 $\frac{3}{4}$  cup milk  
1 cup dry bread crumbs  
2 lbs ground beef  
2 tbs. onion, finely chopped or dry minced  
2 tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
 $\frac{1}{2}$  cup ketchup or chili sauce

Combine egg and milk; add bread crumbs. Soak for 10 minutes. Add beef, onion, salt, and pepper; mix lightly. Do not pack. Place meatloaf in shallow backing pan. Spread with ketchup. Add water to pan to prevent burning and then bake at 350 degrees for 1 hour.

Cover with foil and mark the date made. Please freeze if possible.

\* Collection is the first Thursday of each month on the Rectory parking lot from 7:30am to 9:30am.

\* Casserole pans are available in the back of the Church, the weekend before our collection, or anytime in the Rectory office.

THANK YOU

Visit [www.immaculateheartofmary.com](http://www.immaculateheartofmary.com)