



CADET COOKBOOK RECIPE

BBQ Onion Meat Loaves

Submitted by Anonymous

INGREDIENTS

- 1 egg, lightly beaten
- 1/3 milk
- 2 tablespoons plus ¼ cup barbecue sauce
- ½ cup crushed seasoned stuffing
- 1 tablespoon onion soup mix
- 1-1/4 lbs. lean (90%) ground beef

DIRECTIONS

1. In large bowl, combine egg, milk, 2 tablespoons barbecue sauce, stuffing and onion soup mix. Crumble beef over mixture and mix well. Shape into 5 loaves; arrange around the edge of a microwave-safe dish.
2. Microwave, uncovered, on high for 4-1/2 to 5-1/2 minutes or until no pink remains.
3. Cover and let stand for 5-10 minutes.
4. Top with remaining barbecue sauce and share with a friend