



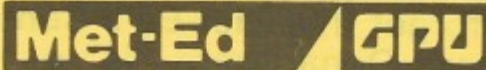
Energy Saver Recipe...

Beef Mushroom Loaf

Here's an easy to prepare, economical and tasty main dish. You can make it a complete, energy-saving oven meal by utilizing the extra oven space for baked potatoes, a green frozen vegetable and baked apples for dessert.

- 2 pounds ground beef
 - 3/4 cup milk
- 1 1/2 cups soft bread crumbs (about 3 slices)
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
- 1 package (1 1/2 oz.) dehydrated onion soup
- 1 can (4 oz.) chopped mushrooms, undrained
 - 1/4 cup catsup
 - 2 eggs, beaten

Pour milk over bread crumbs. Add ground beef, salt, pepper, soup, mushrooms with the liquid, catsup and eggs. Mix thoroughly; shape into two loaves. Bake one now at 325°F. for 50-60 minutes. Freeze one for later use. One loaf serves four.



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