

# dr bob's incredible meatloaf

1 lb ground beef, cheap  
½ can Campbell's Golden  
Mushroom soup  
1 egg of chicken  
⅓ cup Italian bread  
crumbs  
3 tablespoons ketchup  
¼ cup grated Parmesan  
cheese  
some chopped black olives



When you think of meatloaf, what comes to mind?  
A sleazy diner special, \$2.75 with peas and instant  
mashed potatoes? What? Hold the peas?

Well, you can't recreate that same great dining  
atmosphere in the privacy of your own home, but at  
least you can compensate by improving on the meatloaf.

We use cheap ground beef but those of you with qualms  
about greasy food might consider putting out for the lean stuff.  
Make sure it's not frozen. Pressure cookers don't solve that  
problem here. Mix all the ingredients together, in a mixing  
bowl. We like to get our hands into this one and squeeze a  
little homogeneity into it. Once we're satisfied on this point,  
it goes into a 4"×4"×3" Corningware dish nicely, mounding  
it a bit. 1 hour in the oven at 350° does the trick. Don't be  
surprised if this meatloaf is rather flexible. Maybe sitting 10  
minutes will stiffen it up a bit. Maybe not. We usually pour  
off the grease before serving. Lean beef makes this  
unnecessary, probably. We don't know for sure since we're  
too cheap to try it. If we'd thought of it we'd have probably  
thrown in a grated onion. Maybe next time.



serving suggestion: use ketchup sparingly or this will have been a waste of time cuz all you'll taste is ketchup

or use

### dr bob's secret meatloaf sauce

This requires planning. The night before or even several nights before the meatloaf, come home with no idea for supper. Remember the two frozen porkchops in the freezer. Throw the chops into the pressure cooker. Dump half a can of golden mushroom soup on them. Add half a cup of water. Cook at full steam 20 minutes. Throw some other stuff together to eat with the chops. When cooker is cooled, the chops should be dead. The bones can be picked out of the glop. Don't eat too much of the "gravy" or you won't have enough for the meatloaf. Reheat with a little hot water to serve on the meatloaf. Hopefully the chops will have left something special behind. Anyway what else would you have done with the other half can of soup you need for the meatloaf?

serves one hungry person twice

