

PRESIDENT RICHARD NIXON

PAT NIXON'S MEATLOAF

6
SERVINGS

1 HOUR
30 MINS
PREP TIME

1 HOUR
COOK TIME

INGREDIENTS

- 2 tablespoons butter
- 1 cup finely chopped onions
- 2 garlic cloves, minced
- 3 slices white bread
- 1 cup milk
- 2 pounds lean ground beef
- 2 eggs, lightly beaten
- ½ teaspoon salt
- Ground black pepper, to taste
- 1 tablespoon chopped fresh parsley
- ½ teaspoon dried thyme
- ½ teaspoon dried marjoram
- 2 tablespoons tomato puree (or tomato sauce)
- 2 tablespoons bread crumbs

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Grease a 13"x9" baking pan. Melt butter in a sauté pan, add garlic and sauté until just golden—do not brown. Let cool.
3. In a small bowl, cube the bread and soak it in the milk.
4. Sauté the onions
5. In a large mixing bowl, mix ground beef by hand with sautéed onions and garlic and milk-soaked bread pieces.
6. Add eggs, salt, pepper, parsley, thyme and marjoram and mix by hand in a circular motion.



INSTRUCTIONS (CONTINUED)

7. Turn this mixture into the prepared baking pan and pat into a loaf shape, leaving at least one inch of space around the edges to allow fat to run off. Brush the top with the tomato puree and sprinkle with bread crumbs.

8. Refrigerate for 1 hour to allow the flavors to penetrate and to firm up the loaf.

9. Bake meatloaf on the lower shelf of the oven for 1 hour, or until meat is cooked through. Pour off accumulated fat several times while baking and after meat is fully cooked.

10. Let stand on a wire rack for five minutes before slicing.

NUTRITION PER SERVING (6 SERVINGS)

Calories 528 · Total Fat 38g · Saturated Fat 15g · Sodium 450mg · Total Carbohydrates 14g · Dietary Fiber 1g · Added Sugars 0g · Protein 31g

DIETITIAN'S NOTE

Choose ground beef (95% lean) that is lower in fat to reduce saturated fat or opt for ground turkey. Use whole wheat instead of white bread.

Adapted from: The Historical Homemaker