

## Pot Roast Meat Loaf

Served with creamy mashed potatoes, this is pure comfort food to warm up to on a chilly night.

Prep Time: approx. 15 Minutes.

Cook Time: approx. 90 Minutes.

Ready in approx. 1 Hour 45 Minutes. Makes 8 servings.



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2 Tbsp	vegetable oil	30 ml
1 Tbsp	chopped fresh parsley	15 ml
1 tsp	each salt and pepper	5 ml
4	each large carrots and potatoes, cut in chunks	4
1	large onion, quartered	1
1-1/3 cups	Nestlé Carnation Fat Free Evaporated Milk	325 ml
2/3 cup	dry bread crumbs	150 ml
2/3 cup	chili sauce or ketchup	150 ml
4 tsp	Worcestershire sauce	20 ml
2 lb	lean ground beef	1 kg
1/2 cup	chili sauce or ketchup	125 ml

## **Directions**

- 1** Preheat oven to 375°F. Grease 13x9 inch baking dish; set aside.
- 2** Combine oil, parsley and half each of the salt and pepper in large bowl; add vegetables and toss to coat.
- 3** Combine evaporated milk, bread crumbs, chili sauce, Worcestershire sauce and remaining salt and pepper in another large bowl. Stir in beef.
- 4** Form mixture into 9x5 inch loaf and place in prepared pan. Surround with vegetables; cover with foil. Bake 45 minutes.
- 5** Remove from oven; remove foil. Spread chili sauce on top of loaf. Bake, uncovered, 45 minutes longer or until internal temperature reaches 160°F.

*Recipe courtesy of Nestlé*