



Rolled Mexican Meat Loaf makes a low-cost main dish.

Mexican Meat Loaf at bargain price

Today when food costs seem to be going up, up, up the price for a pound of ground beef remains the same or in some cases is dropping slightly.

Ground beef is a bargain, because there is no waste. It is liked by almost everyone. And ground beef can be used in a myriad of recipes, such as these meat loaves.

Meat loaves, as most cooks know, are extenders that stretch ingredients to serve more people or to provide more generous helpings. Meat loaves also give cooks a chance to be imaginative and to season creatively. Here is a meat loaf recipe that does all of the above.

Meat loaves—even the rolled ones—are simple to prepare with this step-by-step recipe. Moistened and held together with condensed soup, they're certain to be just right every time they're baked and served.

This intriguing filling swirls within Mexican Meat Loaf and features cornbread stuffing mix

combined with whole kernel corn and sweet peppers. The meat is ground beef and the liquid that keeps it moist while cooking is condensed chili beef soup. The remaining soup, flavored with added tomatoes and green chilies, becomes a sauce for the loaf that is assembled jelly-roll fashion and topped with melted cheese.

Whether they're prepared in the usual method or rolled with flair, meat loaves are the ideal dinner entree for groups of six to eight -- family or friends.

MEXICAN MEAT LOAF
 ½ cup chopped onion
 1 tablespoon chili powder
 ¼ cup butter or margarine
 1 cup cornbread stuffing mix
 1 can (8 oz) whole kernel golden corn with sweet peppers, drained
 2 pounds ground beef
 1 can (11 ¼ oz) condensed chili beef soup

2 slices (2 oz.) process cheese, cut in half diagonally
 ¼ cup tomatoes and green chilies
 ¼ cup water

In saucepan, cook onion with chili powder in butter until tender. Add ½ cup stuffing mix and corn. Finely crush remaining stuffing mix. Mix thoroughly beef, ½ cup soup, crushed stuffing mix and egg. One waxed paper, pat meat into rectangle (12x9"). Press corn mixture into meat to within 1-inch of edges. With aid of waxed paper, roll meat tightly jelly-roll fashion, starting at long edge. Seal ends and seam; use waxed paper to transfer loaf to shallow baking dish (13x9x2"). Place seam-side down. Bake at 350°F. for 1 hour or until done. Top with cheese slices. Bake 5 minutes more or until cheese melts. Meanwhile, in saucepan, combine remaining soup, tomatoes and green chilies and water. Heat; stir occasionally. Serve with meat loaf. Makes 6 to 8 servings.

Learn parenting

The Mother Person, a five-week class dealing with creative and practical solutions for making family life more enjoyable and rewarding—especially for Mom—will begin Tuesday, February 16, at Alameda School, 2732 N.E. Fremont.

Sponsored by Portland Community College, the class is taught by Kathy Abramson. Topics included are motherhood roles and self-image, time and home management, romance after children, stress management in the family setting and beyond isolation and guilt.

Tuition for the class is \$12.50 and hours are from 7-9:30 p.m. each Tuesday. To register, call PCC's Cascade Campus at 283-2541.

PCC teaches Mexican cooking

Put a little spice in the winter menu by learning a different culinary style. Mexican cookery, a four-week evening class sponsored by Portland Community College, will be offered at the Overlook House beginning Thursday, February 4.

Course instructor is Maria Oros, who has demonstrated her recipes on several local television shows. Hours are from 6:30-8:30 p.m. each Thursday in February, and cost is \$19.50.

For further information, contact Portland Community College Cascade Campus, 283-2541.



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