

Mushroom Meatloaf

- 1 pound 93% lean ground beef
- 1 teaspoon garlic salt
- 1 teaspoon lemon pepper
- 1 tablespoon dried parsley
- 1/2 cup chopped onion
- 1 cup chopped fresh mushrooms
- 1 tablespoon olive oil
- 1 egg
- 1 can low-sodium, low-fat, mushroom soup

Spray loaf pan with cooking spray and set aside. Mix meat with garlic salt, lemon pepper and parsley. In a small skillet, saute onion and mushrooms in olive oil until onions are soft and translucent and mushrooms have released their water. Add mushrooms and onions to meat mixture. Add egg and mix thoroughly with your hands. Pack into a loaf pan. "Frost" the meatloaf with soup. Bake at 350 degrees for one hour. Allow to rest for five minutes before serving. Enjoy with mashed potatoes or rice with some of the mushroom gravy.



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