
MUSLIM COOKBOOK

MEAT LOAF

(Lamb or Beef)

- 2 or 3 lbs. of meat
 - 2 stems celery
 - 1 garlic clove
 - salt
 - 1 tsp. paprika
 - half-cup bread crumbs
 - 3 eggs
 - one-third cup tomato paste
 - black pepper
 - one-half green pepper
 - 2 cups water
 - 2 or 3 med. onions
- (For best results use meat grinder)

Grind in with meat all vegetables, add seasonings, blend well. Add beaten eggs and bread crumbs. Shape in a loaf, mix tomato paste with water, pour over meat. Cook in oven 400 degrees until done. Add more water