

Meatloaf Marvel

1 $\frac{1}{2}$ lbs hamburger

2/3 cups bread crumbs

1 cup barbecue sauce (onion) divided

1 egg beaten

1 pkg 120 grams, stove top stuffing mix, long grain & wild
rice flavor

1 pkg 300 grams, frozen chopped spinach, thawed & well
drained

1 large carrot shredded

Combine beef, crumbs, half barbecue sauce & egg. Roll out between 2 pieces of wax paper to cover 15x10 " rectangle.

Prepare stuffing according to package, add spinach & carrot. Spread stuffing on meat. Roll up starting at the 10" end. Wrap securely, refrigerate overnight or several hours.

Bake 350 - 1 hour. Baste remaining sauce.

8 servings.