

SmartSteamer Meatloaf

- 1– 1½ pound ground beef (or ground turkey*)
- 1 small onion
- 1 garlic clove
- 1 cup bread crumbs or crushed bread cubes
- 1 pkg. Lipton vegetable soup**
- 1 egg



Using the Chop-N-Prep place quartered onions and cloves of garlic, pull string until chopped, and place in a bowl. Place the cube stuffing in the Chop-N-Prep and chop to make bread crumbs. Combine the bread crumbs with the onion, garlic, add the dry soup mix, egg and ground beef. Mix well. Divide into four sections, and shape into loaves.

Place in the lower colander of the SmartSteamer and microwave for 18-20 minutes. Make sure to add water to the base of the SmartSteamer.

*Add 1/2—1 tsp of salt * Add 1/2 tsp. of pepper to ground turkey

** I used the Onion/Mushroom Lipton Soup Mix with the ground turkey and an additional 2 garlic cloves.

SmartSteamer Meatloaf

- 1– 1½ pound ground beef (or ground turkey*)
- 1 small onion
- 1 garlic clove
- 1 cup bread crumbs or crushed bread cubes
- 1 pkg. Lipton vegetable soup**
- 1 egg



Using the Chop-N-Prep place quartered onions and cloves of garlic, pull string until chopped, and place in a bowl. Place the cube stuffing in the Chop-N-Prep and chop to make bread crumbs. Combine the bread crumbs with the onion, garlic, add the dry soup mix, egg and ground beef. Mix well. Divide into four sections, and shape into loaves.

Place in the lower colander of the SmartSteamer and microwave for 18-20 minutes. Make sure to add water to the base of the SmartSteamer.

*Add 1/2—1 tsp of salt * Add 1/2 tsp. of pepper to ground turkey

** I used the Onion/Mushroom Lipton Soup Mix with the ground turkey and an additional 2 garlic cloves.

SmartSteamer Meatloaf

- 1– 1½ pound ground beef (or ground turkey*)
- 1 small onion
- 1 garlic clove
- 1 cup bread crumbs or crushed bread cubes
- 1 pkg. Lipton vegetable soup**
- 1 egg



Using the Chop-N-Prep place quartered onions and cloves of garlic, pull string until chopped, and place in a bowl. Place the cube stuffing in the Chop-N-Prep and chop to make bread crumbs. Combine the bread crumbs with the onion, garlic, add the dry soup mix, egg and ground beef. Mix well. Divide into four sections, and shape into loaves.

Place in the lower colander of the SmartSteamer and microwave for 18-20 minutes. Make sure to add water to the base of the SmartSteamer.

*Add 1/2—1 tsp of salt * Add 1/2 tsp. of pepper to ground turkey

** I used the Onion/Mushroom Lipton Soup Mix with the ground turkey and an additional 2 garlic cloves.

SmartSteamer Meatloaf

- 1– 1½ pound ground beef (or ground turkey*)
- 1 small onion
- 1 garlic clove
- 1 cup bread crumbs or crushed bread cubes
- 1 pkg. Lipton vegetable soup**
- 1 egg



Using the Chop-N-Prep place quartered onions and cloves of garlic, pull string until chopped, and place in a bowl. Place the cube stuffing in the Chop-N-Prep and chop to make bread crumbs. Combine the bread crumbs with the onion, garlic, add the dry soup mix, egg and ground beef. Mix well. Divide into four sections, and shape into loaves.

Place in the lower colander of the SmartSteamer and microwave for 18-20 minutes. Make sure to add water to the base of the SmartSteamer.

*Add 1/2—1 tsp of salt * Add 1/2 tsp. of pepper to ground turkey

** I used the Onion/Mushroom Lipton Soup Mix with the ground turkey and an additional 2 garlic cloves.