

SmartSteamer Meatloaf

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

Using the Chop-N-Prep place quartered onions and 2 or 3 cloves of garlic, pull string until chopped, and place in a bowl. Place the crackers/bread 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 4 sections, shape into loaves. Place in the lower colander of the SmartSteamer. Then, thinly slice 2 potatoes. In top colander, layer potatoes, minced garlic, olive oil. Repeat to create a second layer. Cover SmartSteamer and microwave for 20 minutes. Make sure to add water to the base of the SmartSteamer.

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

** I use Onion or 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 head of garlic
- 1 cup bread crumbs or crushed crackers
- 1 pkg. Lipton vegetable soup**
- 1 egg

Using the Chop-N-Prep place quartered onions and 2 or 3 cloves of garlic, pull string until chopped, and place in a bowl. Place the crackers/bread 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 4 sections, shape into loaves. Place in the lower colander of the SmartSteamer. Then, thinly slice 2 potatoes. In top colander, layer potatoes, minced garlic, olive oil. Repeat to create a second layer. Cover SmartSteamer and microwave for 20 minutes. Make sure to add water to the base of the SmartSteamer.

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

** I use Onion or 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 head of garlic
- 1 cup bread crumbs or crushed crackers
- 1 pkg. Lipton vegetable soup**
- 1 egg

Using the Chop-N-Prep place quartered onions and 2 or 3 cloves of garlic, pull string until chopped, and place in a bowl. Place the crackers/bread 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 4 sections, shape into loaves. Place in the lower colander of the SmartSteamer. Then, thinly slice 2 potatoes. In top colander, layer potatoes, minced garlic, olive oil. Repeat to create a second layer. Cover SmartSteamer and microwave for 20 minutes. Make sure to add water to the base of the SmartSteamer.

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

** I use Onion or 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 head of garlic
- 1 cup bread crumbs or crushed crackers
- 1 pkg. Lipton vegetable soup**
- 1 egg

Using the Chop-N-Prep place quartered onions and 2 or 3 cloves of garlic, pull string until chopped, and place in a bowl. Place the crackers/bread 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 4 sections, shape into loaves. Place in the lower colander of the SmartSteamer. Then, thinly slice 2 potatoes. In top colander, layer potatoes, minced garlic, olive oil. Repeat to create a second layer. Cover SmartSteamer and microwave for 20 minutes. Make sure to add water to the base of the SmartSteamer.

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

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

