

## Venison or Beef and Potato Loaf

### Ingredients:

- 1 lb. ground venison or beef, browned and drained
- 4 c. potatoes, peeled and sliced
- 1 Tbsp. onion, chopped
- 2 tsp. salt
- Pepper to taste
- $\frac{3}{4}$  c. milk or dry milk equivalent
- $\frac{1}{2}$  c. oats
- $\frac{1}{4}$  c. ketchup
- 5 Tbsp. onion

Featured in:  
"Steps to Healthy, Economical Meals"  
[www.ag.ndsu.edu/pubs](http://www.ag.ndsu.edu/pubs)

### Directions:

- Preheat oven to 350 F. Mix potatoes, onion, 1 tsp. salt and dash of pepper together and place in a 2- to 3- quart casserole dish. Mix remaining ingredients together and spread over potato mixture. Bake for 30 to 45 minutes or until potatoes are tender.

*Makes 6 servings. Per serving: 254 calories, 3.4 grams (g) fat, 27 g carbohydrate and 953 mg sodium.*

**NDSU** EXTENSION  
SERVICE