By KEVIN FISH

SINCE I’VE BECOME A VEGETARIAN, there’s a lot of foods I don’t eat anymore. Gone are my halcyon days, when I chowed down on Big Macs, corn dogs, and smokies. Now I subsist on tofuburgers — a delightful concoction of soybean curd, obscure spices, and various grains and foreign objects — yummy, semi-liquid soy cheese, and broccoli by the bushel.

Still, there are foods you miss as a veggie. When I was a carnivore, I loved ARA’s meatloaf. Now, a lot of people try to put meatloaf down, remembering the moldy, fatty gray patties of childhood. Meatloaf doesn’t have to be that way, as ARA consistently proves with their delicious version of this old standard.

ARA serves their loaf in hearty slices with a rich brown gravy and a sprig of parsley on the side. You don’t have to get that fancy at home, though:

**Recipe for ARA’s Meatloaf**

- **Ingredients:**
  - 2 lbs ground beef
  - 1/2 cup finely chopped onions
  - 1/4 cup finely chopped green peppers
  - 1/4 cup chopped celery
  - 1/4 cup finely chopped mushrooms
  - 1 egg
  - 1/4 cup catsup
  - 1/4 cup milk
  - 1/2 teaspoon salt
  - 1/4 teaspoon white pepper
  - 1/4 teaspoon paprika
  - 1/4 teaspoon celery seed
  - 1/4 teaspoon dried thyme
  - 1/4 teaspoon dry mustard

- **Instructions:**
  1. Preheat oven to 375°F.
  2. In a large mixing bowl, combine all ingredients.
  3. Mix well until all ingredients are thoroughly combined.
  4. Place the mixture in a well-greased loaf pan. (You can use a bread pan cut in half.)
  5. Bake at 375°F for 1 hour, or until a meat thermometer inserted in the center of the loaf registers 160°F.

Notes:
- If the meatloaf is too moist, add one or two extra breadcrumbs.
- If the meatloaf is too dry, add a little more milk or catsup.

**Conclusion:**

ARA’s meatloaf is a must for MIT students and anyone else who appreciates a well-made meatloaf. Enjoy!