

## **Grapenut Steak**

1 cup Grape Nuts  
½ cup celery (optional)  
1 diced onion  
1 ½ cup milk  
2 tsp. beef style soup base or marmite  
1 can Campbell mushroom soup  
2 eggs or egg substitute (slightly beaten)  
½ cup of grated nuts  
2 Tbs. melted margarine

Mix all ingredients and place in a covered greased pan. Bake at 350°F for 45 minutes.