

Meatloaf

MEATLOAF INGREDIENTS

2# lean ground beef
1 onion diced (½ cup)
2 eggs
½ tsp. ground pepper
¾ cup quick oats
1 T Worcestershire sauce
1 tsp. garlic salt
1 tsp. onion salt
½ cup tomato sauce

GLAZE TOPPING INGREDIENTS

¼ cup ketchup
¼ cup brown sugar
2 tsp. mustard

DIRECTIONS

1. Preheat oven to 350°. Spray 9' x 5" loaf pan with food release.
2. Mix meatloaf ingredients in large bowl.
3. Combine glaze topping ingredients in small bowl. Spread over meatloaf.
4. Bake for 15-30 minutes, or until meatloaf is fully cooked.
5. Cool. Slice and serve.