

MEATLOAF OF LOVE

INGREDIENTS

1.5 pounds lean beef
3/4 cup instant oats
3/4 cup finely chopped onion
1/2 cup catsup or tomato sauce
1 egg, lightly beaten
1 tablespoon Worcestershire
sauce
2 cloves minced garlic
1/2 teaspoon salt
1/4 teaspoon black pepper

Heat oven to 350 degrees. Combine all ingredients in bowl until mixed.

Form into a loaf and place into a coated roast pan. Cook x 30 min uncovered then drain off liquid. Mix 1/2 cup catsup, 1/4 cup mustard and 2 tablespoons brown sugar. Coat meatloaf with this blended mixture and cook for an add'l 30 min or until 160 degrees internal temperature. Let stand 5 minutes before cutting and serving.