

Meatloaf

Compliments of Chef Richard's Kitchen

Meatloaf

1 1/2 pounds lean ground beef

3/4 cup oatmeal

1 cup milk

1 egg

1 small onion

1 tablespoon Worcestershire
sauce

1 1/2 teaspoons salt

1/4 teaspoon pepper

1/2 cup catsup

Pre-heat oven to 350 deg. F. Mix ground beef, oatmeal, milk, egg, onion, Worcestershire sauce, salt, and pepper in medium bowl. Place in greased 9x5x3 inch glass baking pan. Bake at 350 deg. F for 1 1/2 hours.

