

DAD'S MEATLOAF

From the recipe's author: "This is how my dad used to make it. Everyone who has eaten it just loves it. I love it because it reminds me of him."



INGREDIENTS

- 2 pounds ground beef
- 1 pound sausage (hot or mild)
- 1 medium onion, chopped
- 1 small bell pepper, chopped
- 2 sleeves saltines
- 1 14.5-ounce can diced tomatoes, plain or with herbs of choice
- 1 8-ounce can tomato sauce
- 2 eggs
- salt to taste
- pepper to taste
- Worcestershire sauce, to taste
- ketchup

INSTRUCTIONS

Using your hands, mix beef, sausage, onion, bell pepper, salt, pepper, Worcestershire sauce, diced tomatoes, tomato sauce, and eggs in a large bowl. Add saltines until stiff enough to form loaf. Bake 60-90 minutes at 350°F until a meat thermometer inserted into the loaf reads at least 160°F.

Spread ketchup on top of loaf during last 10-15 minutes of baking time.

YIELD:

8 servings