



"Filled with Comfort" February *Hope30 Meatloaf*

You'll Need for Loaf:

- 1 pound ground beef
- 1/2 a sweet onion grated and drained
- 1 clove of garlic crushed
- 1 TBSP Italian Seasoning
- 1 tsp pink salt
- 1/2 tsp black pepper
- 1/3 cup minced onion

You'll Need for Topping:

- 1/3 cup tomato puree
- 1/4 cup Coconut Aminos
- 1 tsp garlic powder
- 1 tsp italian seasoning

Let's Make It!

- Preheat your oven to 350 degrees.
- In a large bowl combine all ingredients listed for the meatloaf.
- Form into more of a disk than a loaf and place in your baking dish.
- In a small bowl, whisk together the topping ingredients.
- Spread evenly over your meatloaf, and bake for about an hour or until cooked through.



*Super satisfying,
100% approved and
awesome served
with mashed
cauliflower!*