



# HOPE30 KITCHEN

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## *Hope30 New & Improved Meatloaf*

### **Ingredients**

- 2 pounds of Ground Beef
- 1/3 cup Dried Minced Onion
- 1 TBSP of Garlic Powder
- 1TBSP of Onion Powder
- 1/2 tsp of Black Pepper
- 1/2 tsp of Pink Salt
- 3 TBSP of Dijon Mustard

### **Topping Recipe**

- 1/3 cup Tomato Puree
- 1/4 cup Coconut Aminos
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning

### **Cooking Directions:**

- Preheat the oven to 350 degrees
- Combine all topping ingredients in a small bowl
- Combine all meatloaf ingredients in a large bowl.
- Form meat mixture into a loaf and transfer to a baking dish
- Bake for about an hour until internal temp reaches 160 degrees or higher, adding the topping midway through the bake time.

## **NOTES:**

