

MEAT LOAF

**COOK TIME: 1 HOUR- 1.5
HOURS**

SERVINGS: 6



Ingredients:

2 pounds of ground beef
1/2 sweet onion, diced
1/2 cup italian seasoned bread crumbs
1/2 cup of milk
1 egg
1 teaspoon of onion powder
1/2 teaspoon garlic powder
1/2 teaspoon garlic salt
1/2 teaspoon pepper
Ketchup or BBQ sauce spread on top, your preference
Mozzarella cheese, optional

Directions:

Preheat oven to 350 degrees F.
Lightly grease a loaf pan.
Whisk the egg in a separate bowl.
In a large mixing bowl, mix together the ground beef, onion, breadcrumbs, milk, mozzarella cheese, if chosen, and all seasonings. Pour in the whisked egg and mix to combine.
Spread ketchup or bbq sauce on top of the loaf, whichever is preferred.
Transfer the meat mixture to the prepared loaf pan.
Bake in the preheated oven for an hour to an hour and a half, until cooked all the way through and no longer pink. Let sit 20 minutes before eating.

