

BASE

ESSENTIALS

Base Essentials Old Fashioned Meatloaf

Ingredients:	Quantity	Unit	Notes
Base Essentials Beef Base	2	tsp.	
Ground Beef	2	lbs	
Soft Bread Crumbs	1	cup	
Egg	1	ea	
Garlic	1	clove	Minced
Onion	2	cup	Chopped fine
Ketchup	1/4	cup	
Water	1/4	cup	

1. Dissolve Base Essentials Beef Base in water
2. Add ingredients to a large mixing bowl and mix together well by hand
3. Please in a loaf pan and bake at 350 degrees for 1 hour

