



MOM'S MEATLOAF

photo by bettycrocker.com

INGREDIENTS

1.5 lb. of Hamburger

3/4 C of Oatmeal

1 C of milk (I use oat milk)

1 egg

1 small onion or minced dried (I use minced, so easy!)

1 Tbsp Worcestershire Sauce

1 1/2 Tsp Salt

1/2 Tsp Dry Mustard

1/4 Tsp Pepper

1/4 Tsp Ground Sage

INSTRUCTIONS

Toss into a greased loaf pan (don't pack it down! It should have a lot of air throughout it) and bake for 1.5 hours at 350 degrees.

LEFTOVERS: Heat up a couple of slices, stick them between two pieces of bread with some ketchup, and done!