

Classic Meatloaf

Serves 6-8

- 680 g ground beef
- 85 g oatmeal (not instant)
- 85 g chopped onion (½ onion)
- 130 g ketchup
- 1 egg, lightly beaten
- 1 T Worcestershire sauce or soy sauce
- 2 cloves garlic, mashed
- ½ tsp salt
- ¼ tsp pepper
- 30 g sliced bacon



1. Preheat oven to **180°C**
2. Combine all ingredients
3. Place into loaf pan (15 x 25 cm)
4. Optional: one layer of bacon on top
5. **Bake 50-55 min.** until interior is **71°C** or until juices run clear
6. **Let stand 5 min.** before slicing

*Optional sauce

20 minutes before end of cooking:

1. Drain off fat or liquid
2. Cover meat with this sauce (heat first before pouring onto meatloaf):
 - 115 g (½ C) grated onion
 - 240 g (1 C) ketchup
 - 4 T brown sugar
 - 4 T vinegar
 - 2 T Worcestershire sauce