

My Favorite Meatloaf

Developed and adapted by Angela Moore



Ingredients:

1 ½ -1¾ lbs lean ground beef (I buy organic ground beef at Costco and it comes in 1 ¾ lb packages)

1 cup tomato sauce

1 ¼ cup Old Fashioned or Quick Cooking Oats

2 eggs, slightly beaten

¼ finely chopped onion

1 tsp Northwoods seasoning—optional (found at Penzeys.com)

¼ tsp kosher salt

½ tsp garlic powder

¼ tsp ground black pepper

¼ cup ketchup

1 Tbsp red wine vinegar

1 Tbsp Worcestershire sauce

Directions:

Heat oven to 350 degrees F. In a large bowl, combine first 9 ingredients. Divide mixture and form into 2 small loaf shapes on a baking sheet. Combine ketchup, vinegar, and Worcestershire. Spread over the unbaked meat loaves. Bake at 350 for 1 hour. Let stand for 5 minutes and serve.

***I also like to make Meatloaf Muffins. Instead of creating 2 loaves just scoop ¾ cup of meatloaf mixture into a greased metal muffin tin, top with sauce, and bake for 30 minutes.