Holiday Recipe

GRANDMA'S QUAKER OATS MEATLOAF RECIPE

Name of Dish

Ingredients

2 pounds lean ground beef (80/20)
3/4 cup Quaker oats or any brand
2 large eggs
1/2 cup ketchup plus more for the top
1 tablespoon Worcestershire sauce
1 small onion chopped
2 garlic cloves finely chopped
1 teaspoon sea salt
1/2 teaspoon black pepper

Directions

1. Preheat oven to 350 degrees
2. Add the eggs to a large mixing bowl, and mix slightly
3. Add remaining ingredients to the bowl
4. Mix all ingredients together with your hands just until mixture starts to stick together
5. Place meat in greased or foil lined baking dish, form into loaf shape about 2 inches thick, spread a thin layer of ketchup on top
6. Bake uncovered for 1 hour or until internal temperature is 160 degrees, according to meat thermometer. Can add more ketchup to top right before done for a thicker glaze if desired
7. Allow meatloaf to rest for about 5 to 10 minutes before slicing

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