

Meatloaf

Ingredients:

1-1/2 lbs. Lean ground beef
1 cup tomato juice or tomato sauce
3/4 cup oatmeal (quick or old-fashioned) uncooked
 OR 1 cup cooked rice
 OR 1 cup dry bread crumbs
1 egg or 2 egg whites, lightly beaten
1/4 cup chopped onion (or to taste)
1/2 tsp. salt
1/4 tsp. black pepper

Optional Extra Ingredients:

1/2 cup frozen (thawed) or canned (drained) corn
1/2 cup chopped green or red bell pepper
1/2 cup shredded carrots
2-1/2 oz. can sliced mushrooms, drained

Optional Toppings:

1 cup shredded cheese
Spaghetti sauce
Pizza sauce
Barbecue sauce
Salsa

Preparation:

Preheat oven to 350 degrees.
In large bowl, combine ingredients and extra ingredients; mix lightly but thoroughly.
Press meatloaf mixture in 8x4 inch loaf pan.
Bake 1 hour or until meatloaf is medium doneness (internal temp 160 degrees) and center is no longer pink.
Top with optional toppings (sauce toppings may be placed on before cooking but will become dark during the cooking process).
Let stand 5 minutes, drain off any juices before slicing.
Makes 8 servings.

Contributed by: Cheryl Schmit