

Meatloaf

1 pound lean ground beef
1/2 cup breadcrumbs
1 small onion, diced very fine
1 egg, lightly beaten
1/2 cup ketchup or BBQ sauce
Pepper

1. Combine ground beef, breadcrumbs, chopped onion, egg, pepper, and half of the ketchup (or BBQ sauce) in a bowl.
 2. Mix together thoroughly and place in a loaf pan (if you do not have a loaf pan, form into a log shape, and place on a cookie sheet).
 3. Spread the remaining ketchup on top of the meatloaf.
 4. Bake at 350° for approximately 1 hour.
- * Refrigerate leftover meatloaf. Slice and use in sandwiches the next day.



Remember to think about proper portion size. One portion of meat is the size of your palm and as thick as a deck of cards.