

Meatloaf

The recipe for my meatloaf is somewhat a guess - 1 pound (or so) lean hamburger, 1 egg, 2 handfuls oats, a shake or two dried chopped onion, 1/2 can tomato sauce, salt, pepper, and a dash of oregano and smoke flavor. Mix with your hands and put into a loaf pan. Topping is 1/2 can tomato sauce mixed with brown sugar, or you can use catsup instead of tomato sauce. I usually use the tomato sauce unless I am doubling the recipe.

Bake about an hour in oven (325 - 350), or 10 minutes in microwave. It's good to pierce and butter whole potatoes (with your hands) - place them in another dish and put it along side the meatloaf in the oven. Also a good way to warm the house in the winter! Serve with a can of green beans and cottage cheese . .