

Meat Loaf

Ingredients

1 1/2 lbs ground beef
1 cup milk
3/4 cup oatmeal
1 egg beaten
1/4 cup chopped onion
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon flour

Directions

Combine all ingredients, mix well. Press into ungreased loaf pan. Spray lightly with Pam. Bake at 350 for 50 minutes.

Top with mixture of 1/3 cup ketchup, 2-3 tablespoons brown sugar, and 1 teaspoon Worcestershire sauce and bake for another 20 minutes.

Let set few minutes before removing from pan.

