

Meats-Poultry-Game

Meat Loaf

Ingredients:

1-1/2 pounds lean ground beef or turkey
1/4 cup gillians bread crumbs
3/4 cup finely chopped onion
1/2 cup catsup
1 egg, lightly beaten
1 Tablespoon G/F Worcestershire sauce or soy sauce
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon black pepper

Instructions:

1. Heat oven to 350 F Combine all ingredients in large bowl; mix lightly but thoroughly. Shape meatloaf mixture into 10x6-inch loaf on rack of broiler pan.
2. Bake 50 to 55 minutes or until meatloaf is to medium doneness (160 F for beef, 170 F for turkey), until not pink in center and juices show no pink color. Let stand 5 minutes before slicing. Cover and refrigerate leftovers promptly and use within 2 days, or wrap airtight and freeze up to 3 months. 6 TO 8 SERVINGS

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