

We're Bright At Home

Mom's Easy Meatloaf Recipe

Course: Main Dish

Prep Time: 10 Minutes

Cook Time: 1.5 Hours

6 Servings: 1 Loaf

INGREDIENTS

- 2 lbs ground beef
- 1 egg slightly beaten
- 1/2 cup diced onion
- 1/2 cup milk
- 3/4 cup ketchup
- 1 cup breadcrumbs (can substitute with crackers or oatmeal)
- 1 tsp salt
- 1/2 tsp pepper

INSTRUCTIONS

1. Mix ingredients together in a bowl with your hands until everything is combined Add meat loaf cover with extra ketchup or your choice of topping
2. Form a loaf
3. Spray loaf pan with cooking spray
4. Bake at 350 degrees for 60-75 minutes or until cooked through
5. Let stand for 5 minutes before serving