

Meatloaf

1 hour 45 minutes

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INGREDIENTS

1 1/2 lb ground beef
1 cup bread crumbs or
oats if gluten free
1/2 cup diced onion
1 egg
1/2 cup tomato sauce

1/2 cup tomato sauce
2 Tbsp mustard
2 Tbsp brown sugar
2 Tbsp Vinegar
1 cup water

DIRECTIONS

1. Combine the ground beef, bread crumbs (oats), onion, egg, and 1/2 tomato sauce and season with salt and pepper. Mix until well blended.
2. Press mixture into a loaf pan.
3. Combine the remaining ingredients in a separate bowl and mix well.
4. Pour the sauce over the top of the meatloaf
5. Bake at 350 f Degrees for 1 and 1/2 hours.