



Mom's Meatloaf

(developed by Willow Wight)

Ingredients¹:

- 1 lb. (454 g) ground beef
- 6 oz. (187.5 mL) evaporated milk²
- 1/3 c. (85 mL) oatmeal
- 1/3 c. (85 mL) dried onion
- 1 tsp. (5 mL) salt (or to taste)
- 1 tbsp. (15 mL) ketchup
- 2 tsp. (10 mL) Worcestershire sauce³

Directions:

1. Preheat the oven to 350 F (175 C).
2. Mix all ingredients, form into a loaf, and place into a 9x5x3" (23x13x8 cm) loaf pan.
3. Cover the pan with foil and bake for about an hour.

¹Metric measures may be a little off.

² DO NOT make the mistake of using sweetened condensed milk!

³ Worcestershire sauce may or may not be gluten-free, depending on where it has been made.