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Kid's Favorite Meatloaf 1986 Newsletter from Sandi Heimback

2 lbs. lean ground beef
1 can tomato soup
 $\frac{3}{4}$ cup uncooked oatmeal
1 tsp. onion powder or $\frac{1}{4}$ cup chopped onion
1 egg
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Preheat oven to 350° F. Combine all ingredients, mix well. Press into ungreased loaf pan. Bake for 1 hour. Let stand 5 minutes before slicing.

Credit as: 15 servings of 1½ oz. meat/meat alt. for lunch/dinner.