

## TOM'S MOM'S MEATLOAF



### Ingredients:

½	Cup	Onion, chopped fine
1	Large	Egg
¼	Cup	Ketchup
1	Tablespoon	Mustard
2	Tablespoons	Worcestershire Sauce
½	Cup	Oatmeal (or bread crumbs)
1	Teaspoon	Garlic Powder
1	Teaspoon	Salt
½	Teaspoon	Black Pepper
3	Pounds	Ground Beef
½	Cup	Ketchup
1	Tablespoon	Worcestershire Sauce

### Directions:

1. Place first 9 ingredients (onion through black pepper) in a large bowl and whisk until combined. Let sit 5 minutes for oatmeal (or bread crumbs) to soak up some liquid.
2. Add ground beef to bowl and mix by hand until the mixture is dispersed throughout the meat.
3. Place into loaf pan, cover with foil and bake in 350° oven for 1 hour and 15 minutes. Remove foil and drain fat from pan.
4. Mix ketchup and worcestershire sauce and spread over top of meatloaf. Place back in oven, uncovered, for 15 minutes, or until an internal temperature of 165° is reached.
5. Remove from oven and let rest 5 minutes before serving.