

# Meatloaf

2 lbs lean ground beef or turkey

3/4 cup Quaker Oats (quick or old fashioned uncooked)

3/4 cup finely chopped onion

1/2 cup catsup

1 egg, lightly beaten

1 tablespoon worcestershire sauce or soy sauce

2 cloves garlic, minced

salt and pepper to taste

Heat oven to 350degrees. Combine all ingredients in large bowl: mix lightly but thoroughly. Shape meatloaf mixture into 10 x 6 inch loaf on rack of broiler pan.

Bake 50 to 55 minutes or until meatloaf is to medium doneness. (1160 F for beef,) until not pink in center and juices show no pink color. Let stand 5 minutes before slicing. Cover & refrigerate leftovers promptly and use within 2 days or freeze up to 3 months.

**Contributed by: Ann Pattison**