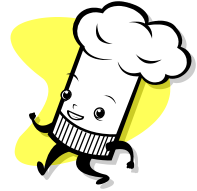


Deb's Meatloaf

Meatloaf can be frozen after cooling to be pulled out, cut and microwaved.



Ingredients:

1 lb	Ground beef
½ cup	ketchup
½ cup	oats
1	egg
1 Tbsp	onion
¼ tsp	salt
¼ tsp	pepper
¼ tsp	Garlic powder
½ tsp	rosemary

Directions:

Combine all ingredients and put in meatloaf pan. (9 x 5)

Recommend to have strainer shelf for pan to drain or double aluminum foil and poke holes for fat to drain.

Cook at 350 degrees for 45-60 minutes. Internal temperature must reach 165 degrees or higher.

Let cool for a few minutes before dumping from pan onto serving plate. Serves 4.