

Everyday Meat Loaf

1-1/2 lbs ground beef (85% lean / 15% fat works best)

2/3 C (or more) dry bread crumbs, or 3/4 C Quick Oatmeal (uncooked)

1 C milk (or tomato juice, but I prefer milk)

1 or 2 slightly beaten eggs

1 t salt

1/8-1/4 t pepper

optional: 1/2 t sage

optional: 1/4 C chopped or grated onion (I omit this)

Soak bread crumbs in milk, add meat, eggs & seasonings. Mix. Bake in loaf pan bake at 350°F for 1 hour.

May cover (before baking) with **Piquant sauce**: 2-3 T brown sugar, 1/4 C catsup, 1/4 t nutmeg, 1 t dry mustard.