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by ewfood

Meatloaf Made easy



Ingredients

For the meatloaf

1lb. ground beef

Salt and black pepper to taste

1 large onion, finely chopped

1 bell pepper, finely chopped

1 egg, lightly beaten

1 tin. Chopped tomatoes

2oz. quick-cooking oats

For the topping

2oz. ketchup

1oz. brown sugar

1oz. mustard

Preparation

- 1 Preheat oven to 180°C.
- 2 Combine all the ingredients together until they are properly mixed than shape into a loaf shape.
- 3 Mix the ingredients for the topping and spread on the loaf.
- 4 Bake for one hour and serve hot.

Cooks Note
