



---

## Uploaded to the VFC Website

▶▶ June 2015 ◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## *Meatloaf*

- 1 1/2 Pound ground beef
- 1/2 Cup Italian-style breadcrumbs
- 1 Tsp kosher salt
- 1 Small onion, finely chopped
- 1 Large egg, lightly beaten
- 1/4 Cup ketchup

- 1) Preheat oven to 350 degrees F. Grease a 9-inch loaf pan and set aside.
- 2) Combine the ground beef, breadcrumbs, salt, onion, and egg in a mixing bowl, kneading together well; transfer the ground beef mixture to a loaf pan; spread evenly with ketchup.
- 3) Slide the loaf pan into the oven and bake for 50 to 60 minutes, until cooked through; let cool slightly before slicing and serving.

Makes 4 Servings

