



Glazed Meat Loaf

Serves 6

Ingredients:

½ cup ketchup
1 cup ketchup
1/3 cup brown sugar
¼ cup lemon juice
1 tsp ground mustard
2 lbs. lean ground beef
1 ½ cups fresh bread crumbs
¼ cup finely chopped onions
1 egg, beaten
Salt and pepper to taste

Optional:

Directions:

1. In a small bowl, combine ketchup, brown sugar, lemon juice and ground mustard.
2. In a large bowl, combine the ground beef, bread crumbs, and onion, salt and pepper.
3. Mix well.
4. Mix in the ½ cup of ketchup.
5. Press the meat mixture into an 8"x8" pan.
6. Cover the top of the mixture with the 1 cup of ketchup
7. Cover with foil and bake for 1 hour at 350*

Variations of the recipe you might like to try:

- Use ground turkey instead of ground beef

Freezing Instructions:

Place uncooked meat mixture in a freezer bag and flatten it out inside of the bag. To serve, thaw and follow the instruction steps 5-7 above.