

# Meatloaf Meal

## Meatloaf

### INGREDIENTS

- 4 ½ to 5 lbs of Lean Ground Beef.....○
- 2 packages of Nabisco Original Saltine Crackers, Crushed.....○
- 4 large Eggs.....○
- ½ cup of Ketchup.....○
- 2 Bell Peppers (chopped).....○
- 1 large White Onion (chopped).....○
- 1 teaspoon of Ground Black Pepper.....○
- 1 tablespoon of Salt.....○

### PREPARATION

- Caramelize Onion in skillet, reserve.
- Beat 5 Eggs together in bowl.
- Crush Saltine Crackers.
- Mix Lean Ground Beef, crushed Saltine Crackers, Eggs, Bell Peppers, Onion, Black Pepper and Salt together.
- Mold into glass pan sprayed with PAM. Spread top of loaf with Ketchup.
- Bake at 350° for 1 ½ hour.

**SERVES 8.**      **(Meal for 2 click here.)**