

Meatloaf – Makes ~4 servings

<https://www.eminencenutrition.com/meatloaf>



Ingredients:

- 1lb. Ground meat
- 1 Egg
- ½ Onion, diced
- 2 Garlic cloves, minced
- 2 tbsp. Ketchup
- 2 tbsp. Barbecue sauce
- ¼ cup Quick oats

Directions:

1. Preheat oven to 350F.
2. Mix all ingredients, except the oats, together using your hands.
3. Once mixed thoroughly, mix in the oats.
4. Bake for ~45 minutes.
5. To complete this meal serve with your choice of starchy carb such as a potato, rice, quinoa or pasta and your choice of vegetables such as broccoli, brussel sprouts, carrots, and/or green beans.
6. Enjoy! 😊