

ARK Sunday Supper

Meatloaf

Ingredients

2 kg lean ground beef - a family pack
1 cup oatmeal
1 cup tomato sauce
2 eggs
1½ cups breadcrumbs
1 package dried onion soup mix **or** ½ cup finely chopped onion
1 tablespoon salt
¼ teaspoon pepper
2 tablespoons Worcestershire sauce

Instructions

Mix all ingredients together well.
In a foil roaster, form into a large flat loaf.
Bake in a 350 oven for one hour.

Remember to bring it hot.