

Meatloaf

Lori Larkey

For the sauce:

½ Cup Catsup
1/3 Cup Brown Sugar
1½ Teaspoons mustard (prepared out of the jar)
2 Tablespoons vinegar
½ Teaspoon nutmeg (optional, but I use it)

For the meatloaf:

2 pounds hamburger
2 eggs
1 cup Corn flakes
2 Tablespoons dried or fresh parsley (optional, but I use it)
1 Onion, diced or 1 Tablespoon dried onion

Mix together all ingredients for meatloaf PLUS half of the sauce mixture.

If this is really sticky, work in a handful of flour. It will still be sticky, but OK.

Bake 350 degrees for 40 minutes. Pour remaining sauce over top and bake for 20 more minutes.

I pour off any grease at the 40 minute mark as well as when it finishes baking.

This is a great mixture for meatballs or stuffed green or red peppers.

Lori Larkey served this at the Traditions Education Seminar 2008 in Coburg