Meat Loaf

1 ½ lb ground beef
2 tbsp minced onion
1 ½ tbsp chopped green pepper
½ cup milk
1 ½ cup rolled oats
1 tsp Worcestershire sauce
½ tsp salt
Dash of garlic powder
1 egg, unbeaten
3 tbsp ketchup
½ tsp dry mustard
¼ tsp pepper

Mix beef, onion, green pepper, oatmeal, salt, egg, ketchup, worcestershire sauce, pepper, milk, and garlic powder. Back firmly into bread pan. Mix 1 teaspoon sugar with ⅓ cup ketchup. Spread over top of loaf.

Bake at 350 for 1 ½ hour.