

## **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. Pack firmly into bread pan. Mix 1 teaspoon sugar with ⅓ cup ketchup. Spread over top of loaf.

Bake at 350 for 1 ½ hour.