

# Comfort Food Meatloaf

<https://moneysmartfamily.com/money-saving-tips/ground-beef-main-dish-recipes-super-page/#meatloaf>



Meatloaf is one of our delicious ground beef main dish recipes. It's a super easy meal that can be served any time of the year. We like to use 80/20 ground beef but you could also substitute ground turkey. The 73/27 ground beef seems too fatty for this recipe and the leaner percentages of ground beef like 94/6 may require a little more seasoning as the meat won't provide it. We serve this meal with a vegetable or salad and with baked potatoes, butternut squash or corn. The potatoes can be washed, individually wrapped in a piece of foil, and put in the oven with the meatloaf on the rack below it.

## Ingredients:

- 3 lbs. Ground Beef or Ground Turkey
- 3 Large Eggs
- 1 Tsp. Salt and ½ tsp Pepper (few shakes)
- 2 Tbs. Worcestershire Sauce
- 1 Tbs. Prepared Mustard or 2 tsp mustard powder
- 1 Tbs. Ketchup
- ½ Cup Minced Onions (or 1 onion diced fine) Minced work best

for this recipe as they help bind up the loaf by absorbing moisture.

- 3 Cups Italian Seasoned Bread Crumbs
- 1 6oz can Olives – drained and chopped
- 1 Cup Oats
- 11 x 15 glass baking dish or large baked enamel roasting pan (rectangular or oval)

## Directions:

- Combine all ingredients together in large mixing bowl.
- Place mixed loaf into the center of baking dish.
- Cook uncovered at 350\* for 1 hour.
- Serve with ketchup or make a brown gravy.

Serves 8 to 10 people. Depending on how hungry your family is, you may have some leftovers to take for lunch!

## \*A Smaller Meatloaf Recipe to serve 4\*

- 1 lb gr beef or turkey
- 1 Lg egg
- ¼ tsp salt and some shakes of pepper
- 2 tsp Worcestershire sauce
- 1 tsp prepared mustard or ½ tsp mustard powder
- 1 tsp ketchup
- ¼ cup minced onion or 1/3 to ½ fresh onion diced fine
- 1 cup Italian seasoned breadcrumbs
- ½ can of olives, drained and chopped fine. This can be left out if preferred.
- 1/3 cup of oats

Serves 2 to 4 people with possible leftovers for lunch the next day