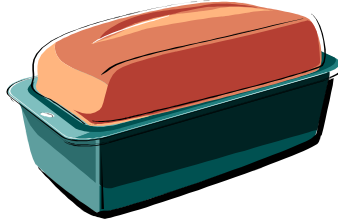


# Meatloaf



## Ingredients:

- 1 pound of ground beef.
- 1 egg.
- ½ cup of bread crumbs. *May use seasoned breadcrumbs if you like.*
- 2 tablespoons of Parmesan cheese.
- ½ jar of chili sauce.
- ½ teaspoon of Worcestershire sauce.
- Onion powder to taste.
- Pepper to taste.
- Parsley flakes to taste.

## Directions:

- Pre-heat oven to 350°.
- Add all ingredients in a large bowl and mix together.
- Once all ingredients are mixed together really well, transfer to a glass loaf pan and pack down as you put the mixture in the loaf pan. *May want to spray pan with cooking spray.*
- Bake in oven at 350° for approximately 1 hour.
- When it is done, remove from oven and allow loaf to sit in pan for 5 - 10 minutes to settle. *At this point, I like to take a knife and loosen the sides, then flip the pan over onto a serving plate and slice.*

*Make this dish right before you plan to cook it or prepare it ahead of time and place in loaf pan with plastic wrap in refrigerator. The longer the mixture sits, the more flavorful it gets!*