



Katies Meatloaf Recipe

What You Need

2 Lbs. ground beef
¾ Cup Onion (chopped)
1 Egg
1 tsp. Black Pepper
1 tsp. Salt
1/2 tsp. Dry mustard
½ Cup tomato sauce (I use Hunt's)
1 Tbsp. Pancake syrup (maple flavor)
1 ½ Cups Corn Flake Crumbs (I use Kellogg's Cornflake Crumbs)
Meatloaf Pan (9 x 5 works well)
Medium sized bowl
Small bowl
Whisk
Parchment paper
Non-stick cooking spray (Canola oil)
Meat thermometer

Before You Start

Preheat oven to 400°, line your meatloaf pan with parchment paper leaving about a ½ inch over hang . Spray inside and bottom with non-stick spray

Let's Make It!

In the medium bowl add ground beef, onion, egg, salt, pepper, and cornflake crumbs and combine well. (I use my hands; I wear food safe gloves). But you can use a spoon spatula, large spoon, etc. Put the meatloaf mixture into the prepared pan and pat down.

In the small bowl add the tomato sauce, mustard, and maple syrup, and whisk well to combine. Spoon half of the mixture over the top of the meatloaf. Cook for 25 minutes. Remove the meatloaf from the oven and spoon the remaining sauce over the top. Return to the oven and cook for another 25 minutes (internal temperature needs to be 160)

Remove from oven and let it sit for about 5 minutes. Using the overhanging parchment paper, grab each side and lift your meatloaf from the pan onto your serving dish. Serve hot.

Serves 4-6

***Katies Tidbits** Try making this with ground chicken. Or use brown sugar instead of maple syrup. 😊