

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=466158>

Meat Loaf (no tomato)

I have no idea where I got this recipe from but I love it! My family loves it (my mom calls it "fancy" meatloaf"

Ingredients

- 1 lb. Lean Ground Beef
- 2/3 C Bread Crumbs or ground up oatmeal
- shy 1 C Milk
- 1 Egg white
- 1 Sm onion chopped (1/4 C)
- 1 T Worcestershire Sauce
- 1 t salt
- 1/2 t dry mustard
- 1/4 t pepper
- 1/4 t ground sage

Directions

1. Mix all ingredients together.
2. Place in an ungreased loaf pan and cook uncovered at 350 degrees for 1 1/2 hours.

I use mini loaf pans and cook for 45 minutes - 8 loafs for the 8 servings.