

<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.