

MEATLOAF

INGREDIENTS

8 servings (1 loaf)

16 servings (2 loaves)

2 lbs	4 lbs	lean ground beef
.75 c	1.5 c	old fashioned oats
.5 c	1 c	skim milk
1 small	1 large	onion, chopped finely
2	4	eggs
1 - 1.5 t	1 T	parsley
1 - 1.5 t	1 T	salt
.5 t	1 t	nutmeg
.25 t	.5 t	black pepper
.125	.25 t	red pepper
Large pinch	Two large pinches	rosemary

INSTRUCTIONS

Preheat oven to 375 degrees. Combine all ingredients in a large bowl and then transfer to a greased loaf pan. Bake for one hour and 10 minutes.



Nutrition per Serving

Kcal: 215

Protein: 28 grams

Carbohydrate: 8 grams

Fat: 8 grams