

Classic Meatloaf



QUAKER

Servings: 6-8

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Ingredients

- 1½ pounds lean ground beef or turkey
- ¾ cup Quaker® Oats (quick or old fashioned, uncooked)
- ¾ cup finely chopped onion
- ½ cup catsup
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce or soy sauce
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper



Preparation

1. Heat oven to 350°F.
2. Combine all ingredients in large bowl; mix lightly but thoroughly. Shape meatloaf mixture into 10x6-inch loaf on rack of broiler pan. Bake 50 to 55 minutes or until meatloaf is to medium doneness (160°F for beef, 170°F for turkey), until not pink in center and juices show no pink color.
3. Let stand 5 minutes before slicing. Cover and refrigerate leftovers promptly and use within 2 days, or wrap airtight and freeze up to 3 months.

NUTRITION FACTS (PER SERVING):

230 calories, 11 g fat, 4 g sat fat, 80 mg cholesterol, 400 mg sodium, 13 g total carb, 1 g fiber, 5 g sugar, 20 g protein, 2% DV calcium, 0% DV vitamin D, 2% DV vitamin C, 2% DV vitamin A, 8% DV potassium, 15% DV iron, 8% DV thiamin, 8% DV magnesium, 4 g added sugar

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