

# Family Style Meat Loaf

## Ingredients (tab spaced)

1 1/2	Lb	Meat (ground beef or beef with some pork)
2/3	C	Rolled Oats (regular or quick)
1	C	Milk
1	ea	Onion
1	tsp	Salt
1/8	tsp	Pepper
2	ea	Eggs
1	tsp	Worcestershire Sauce

## Comments:

Mix Oats, Milk. Add Eggs and all ingredients except meat. Add Meat and mix in KitchenAid

Cook 325° for 1h to 1h 15m

## Nutrition Information:

## Source: