



Quick and Easy Meatloaf

Recipe By SUZY and CLARK NEAL

SERVES: 8

INGREDIENTS:

- ☐ 2 lbs. lean ground beef
- ☐ 1 (6 oz.) box stuffing mix for chicken
- ☐ 1 cup water
- ☐ 2 large eggs, beaten
- ☐ 1 tbsp. dried chopped onions
- ☐ 1 tsp. Montreal steak seasoning
- ☐ ½ cup ketchup, divided
- ☐ non-stick cooking spray

DIRECTIONS:

- ☐ 1. Preheat oven to 375°F.
- ☐ 2. Mix ground beef, stuffing mix, water, eggs, seasonings, and ¼ cup ketchup together until just combined.
- ☐ 3. Line a baking sheet with foil, then spray with non-stick spray.
- ☐ 4. Transfer meat mixture to the prepared pan, shape into a loaf shape, and top with remaining ketchup.
- ☐ 5. Bake 1 hour, or until internal temp. reaches 160°F.
- ☐ 6. Slice and serve with mac and cheese and your favorite green vegetable.

Leftovers make delicious griddled meatloaf sandwiches.

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