



Baked Meatloaf

Servings: 6

Ingredients

Non-stick cooking spray
¼ cup milk
1 egg
1 cup bread crumbs **OR**
½ cup dry oatmeal
1 pound ground beef **OR** turkey
1 can (14-15 ounces) diced tomatoes
¼ cup onion, chopped **OR**
1 teaspoon onion powder

Directions

Heat oven to 350° F. Spray a 9x5x3-inch loaf pan with the non-stick cooking spray. Stir the milk and egg in a large bowl. Stir in the bread crumbs. Add the beef, tomatoes, and onion. Stir mixture. Press mixture into the loaf pan, smoothing the top. Bake 50-60 minutes. Let stand 15 minutes before slicing.



NC Department of Health and Human Services

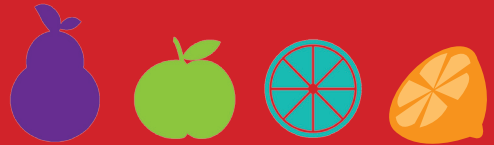
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