

## Meatloaf

1 1/2 pounds ground beef  
1 egg  
1 onion, chopped  
1 cup milk  
1 cup dried bread crumbs  
salt and pepper to taste  
1 tablespoons brown sugar  
2 tablespoons prepared mustard  
1/3 cup ketchup



- ✚ Preheat oven to 350 degrees F (175 degrees C).
- ✚ In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
- ✚ In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
- ✚ Bake at 350 degrees F (175 degrees C) for 1 hour.