

### **Oatmeal Meatloaf**

Yield: 6-8 servings

#### **Ingredients**

1½ pounds lean ground beef or turkey  
¾ cup quick oats  
½ cup finely chopped onion  
¼ cup bell peppers  
½ cup ketchup  
1 egg, lightly beaten  
1 tablespoon Worcestershire sauce  
2 cloves garlic, minced  
½ teaspoon salt  
¼ teaspoon black pepper



### **Instructions**

1. Combine all ingredients in large bowl; mix lightly but thoroughly.
2. Place in pan and place labeled lid on top. Put into freezer to bake later.
3. Thaw in refrigerator for 24-48 hours. Bake in 350-degree oven for 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. Let stand 5 minutes before slicing.