

Meat Loaf

1 - 1 1/2 pounds lean ground beef

1/2 pound ground pork

1/4 - 1/3 cup chopped onion or 1/2 pkg dry onion soup mix

1/4 - 1/3 cup Italian bread crumbs

1/4 - 1/3 cup old-fashioned oatmeal (not instant)

1 egg

1 Tbsp each ketchup, yellow mustard, A1 steak sauce

1 tsp Worcestershire sauce (optional)

Place all ingredients in a large bowl; stir together with a large spoon then mix thoroughly by hand.

Form into a loaf and place in 9" x 5" loaf pan. Bake in preheated 350 degree oven for 1 - 1 1/4 hours. If desired, pour 1 can tomato sauce over meat loaf and return to oven until sauce is hot and bubbly.