Mom's Meatloaf

Loaf

3 pounds ground beef
1 medium onion, finely chopped
1 green bell pepper, finely chopped
2 eggs
¼ cup ketchup
2-3 tablespoons soy sauce
3-4 shakes Worcestershire sauce
1-2 teaspoons garlic salt
½ teaspoon red pepper flakes
Salt and pepper to taste
1 sleeve saltine crackers, finely chopped
6 slices cheddar cheese

Sauce

½ cup ketchup
2-3 tablespoons soy sauce
2-3 tablespoons brown sugar

Preheat oven to 375 degrees. Combine all loaf ingredients together, except for cheese, and mix well. Once ingredients are will combined, separate the mixture in half. Place one half of the mixture in a 9 x 13 greased dish and shape into a loaf. Then top with the cheese slices, after the cheese is on, place the other half of the loaf mixture on top of the cheese and form another loaf shape covering the cheese completely. Place in the oven and cook for 1 hour. At the one hour mark, pour sauce evenly over the top of the loaf, and continue cooking for 15-20 more minutes.

Yields: 8, 1 cup servings Each serving is approximately 330 calories.

Julia Lamb Harrison County Intermediate-Protein