

## **MEATLOAF**

**12 ounces ground beef round  
1½ cups chopped onions  
1 cup quick-cooking oats  
2/3 cup ketchup  
2/3 cup chopped up parsley**

**1 teaspoon dried thyme  
3 eggs beaten lightly  
1 teaspoon salt  
1/2 teaspoon pepper**

**Pre heat oven to 350 degrees. Grease a 9X5 loaf pan. Combine ingredients in a large bowl. Mix with your hands until well blended. Put mixture in loaf pan and bake until it reaches 160 degrees, about an hour to an hour and a quarter. Pour out the fat and let cool before serving.**

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