**Hazel’s Meat Loaf**

**Ingredients:**

* **1 and ½ lb. of Food Lion 93% Lean 7% Fat Ground Beef**
* **1 cup of Premium Hunt’s Seasoned Tomato Sauce for Meat Loaf**
* **2 eggs beaten**
* **¼ tsp. of pepper**
* **2 tsp. of salt**
* **¼ cup of BADIA Chopped Onion**
* **¾ cup of uncooked Quaker Oats, 100% Whole Grain, Quick 1 – Minute**

**Direction:**

1. **Combine ingredients in 3 qt. or larger bowl using clean hands.**
2. **Pack ingredients into a meat loaf pan.**
3. **Preheat oven to 350 degrees.**
4. **Bake for 1 hour.**
5. **Enjoy**