Mom’s Meat Loaf (Grandma Marilyn’s recipe)

Ingredients:

1 ½ lb ground beef (or ground turkey)

½ C cracker crumbs (or oatmeal and salt)

2 beaten eggs

1 can (8oz) of tomato sauce (or ketchup)

¼ C chopped onion

¼ C chopped bell pepper

½ tsp Italian seasoning

Dash of thyme and/or marjoram

Instructions:

1. Mix all ingredients until well blended
2. Make balls out of them (between golf ball and baseball size)
3. Place in microwaveable dish and cover
4. Cook until done – 10-15 min – turning around every 5 minutes

\*you can also use this recipe for stuffed bell peppers. Just wash and cut the tops off the peppers. Take the insides and seeds out. Then stuff with the meatloaf prior to cooking. Put in the microwave and cook until done!