

# Meatloaf Recipe

From Joseph Clardy's Grandma

## Ingredients:

- ☐ 90% lean ground beef
- ☐ 15 oz. can of tomato sauce
- ☐ 2 slices of gluten-free bread
- ☐ 2 eggs
- ☐ 1/2 of whole chopped onion
- ☐ salt and pepper to season
- ☐ Ketchup

## Instructions:

- Preheat the oven to 450° Fahrenheit.
- Mix all of the ingredients except for the ketchup.
- Place tinfoil as a liner in a glass baking dish.
- Put the mixture in the dish and fold the ends over to close the top.
- Bake for 45 minutes.
- You can uncover it for a few minutes near the end.
- Make sure the top is browned.
- Let the meatloaf rest for 8-10 minutes before serving (or it may fall apart). \*\*
- Decorate the top with ketchup.