

Meat Loaf

Recipe from the kitchen of Sandi Patti

Ingredients

- 3 pounds ground beef
- 1 small box Grape Nuts cereal
- 1/2 cup onion, chopped
- 2 eggs, beaten
- 1 cup light pancake syrup
- 1 cup ketchup
- 2 Tbsp mustard
- Garlic and pepper to taste

Instructions

1. Combine the pancake syrup, ketchup, and mustard to make the glaze.
2. Pour half of the glaze into the meat mixture along with the Grape Nuts, onion, eggs, and garlic and pepper to taste. Mix to combine.
3. Place the meat mixture into an iron skillet.
4. Poke a couple of holes in the top of the meat loaf.
5. Spread the remaining glaze over the top.
6. Bake at 350°F for 1 1/2 to 2 hours in oven.

MEAT LOAF

SANDI PATTI

3 pounds ground beef
1 small grape nuts (small box cereal)
 $\frac{1}{2}$ cup onion, chopped
2 eggs, beaten
1 cup light pancake syrup
1 cup ketchup
2 tablespoons mustard
garlic and pepper to taste

Pour $\frac{1}{2}$ of glaze into meat. Put meat into an iron skillet. Poke a couple of holes and spread glaze over the top. Bake for $1\frac{1}{2}$ -2 hours in oven.

