

The Ingredients

- 2 lbs. ground beef
- 2 T. instant minced onion
- 2 eggs (lightly beaten)
- 1/2 t. salt
- 1/3 C. milk
- 1.4 t pepper
- 1 T. horseradish (optional) 1 C. dried bread crumbs
- 11/3 C. ketchup

The Steps

- Say a prayer for the people that will be receiving this food, for their health, for their peace, for their shelter, and for those serving them.
- preheat oven to 350 degrees
- Mix the eggs, milk, horseradish, 1 C. of ketchup (rest used later), onions, salt, pepper, and bread crumbs together.
- Once combined, mix into the ground beef and form into a meatloaf shape.
- Cover the top of the meatloaf with the remaining ketchup.
- Bake the meatloaf for 1 hour and 15 minutes.
- Allow meatloaf to cool. Cover in foil and freeze.
- Pray a Glory Be

THANK YOU AND GOD BLESS YOU. JACKIE SPELMAN: 410-510-7355