

# Easy Meatloaf

*Prep/Cook time: less than 5 minutes*  
*Total time: about 60 minutes*

*Bake time: 60 minutes*  
*Serves: 4-6*

## Ingredients

- 2 lbs ground meat of your choice-thawed

## Directions

- Set oven to 350F.
- Place meat into loaf pan, shape if needed to fit in pan.
- Bake at 350F for about 60 minutes or until cooked through.
- Enjoy!

## Julie's Notes

- You can use any ground meat (pork, beef, turkey, chicken, etc.)
- You can use a ground meat sausage as well
- You can add your own herbs & spices
  - 1 Tablespoon each: oregano, basil, parsley, rosemary, marjoram, garlic
  - 1 Tablespoon each: cumin, ground coriander, cilantro, garlic, paprika
- If you use a spice mix above, you may want to add a teaspoon (not tablespoon) of salt.
- You can add ½ to 1 cup of finely chopped green onion tops
- You can top with salsa for the last 15 minutes of baking
- You can top with spaghetti or marinara sauce for the last 15 minutes of baking
- You can top with any variety of cheese for the last 10-15 minutes of baking
- You can top with ½ cup of catsup or BBQ sauce (or a mix of the 2) for the last 15 minutes of baking
- What else can you think of?

Recipe by Julie at [www.JulieGrunklee.com](http://www.JulieGrunklee.com)