

Kilted1's MEATLOAF

Courses: Main Dish

Categories: Beef

Ingredients

1# Ground Beef
1# Ground Sausage
1 C onion, diced
1 TBSP salt
1 tsp Pepper
1 TBSP Marjoram
1 tsp Ground Sumac
1 TBSP Coco Aminos
1/4 C Panko or other bread crumbs

Directions

make sure meat is thawed before mixing. Add ingredients to a large bowl, mix by hand until all ingredients are blended thoroughly. Set aside to rest, meanwhile grease a 9" x 9" baking dish, scoop mixture from the mixing bowl to the dish, form the mixture to fill the bottom, and sides of the baking dish evenly. Place in oven (preheated to 350° F) and cook for 60 minutes.