

Meatloaf



Ingredients:

- 1 lb ground beef
- 1 green bell pepper, medium diced
- 1 yellow onion, medium diced
- 1 egg
- 2 slices bread, torn into small pieces

Instructions:

1. Preheat oven to 350 degrees.
2. Combine beef, pepper, onion, egg and bread in a bowl and mix with your hands.
3. Shape into a loaf, the thinner the quicker it will cook.
4. Place loaf onto a foil lined baking pan and cook for 45 minutes to 1 hour, depending on the thickness, until cooked through.