

# Quaker Oats Meat Loaf

## **Ingredients**

- 1 ½ lb Ground Beef
- 1 egg
- ¾ cup rolled oats, uncooked
- ½ cup chopped onion
- 1 tsp salt
- ¼ tsp pepper
- 6 oz of tomato juice

## **Process:**

- Mix all of the ingredients well
- Put into loaf pan with room at sides
- Bake 1 hour 15 minutes at 350°
- Let stand 15 minutes