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| Meatloaf  All American comfort food with a twist. A quick, affordable, and healthy dish with less than 10 minutes of prep time.  **Ingredients:**   |  |  | | --- | --- | | 1 lb | Ground Beef or Turkey ($3.50) | | ½ cup  1/2 cup  1  1-1/2 cups  1 cup  2 tsp  1 tsp  To taste | Frozen Chopped Onion (thawed and drained) ($.60)  Rolled Oats soaked for 4 hours with 1 cup water and TB of Apple Cider Vinegar ($.50)  Egg ($.50)  Frozen Riced Cauliflower (thawed and drained) ($2.00)  Frozen Green Peas (thawed and drained) ($1.50)  Ketchup  Mustard  Milk or Oat Milk  Olive Oil (for greasing pan)  Dried minced Garlic  Salt and Pepper |   **Directions:**  Type recipe directions here | Logo  Description automatically generated |

**Directions:**

Preheat oven to 350 degrees. Use a 9x5 meatloaf pan that has been oiled. Start with the ground meat and then add the oats, onion, and cauliflower. Add your egg, salt, garlic, and mustard. Once well mixed then add your peas (or a cup of shredded carrots). Add milk if needed. Bake for an hour covered with foil. You can remove the foil in the last 10 minutes and add ketchup on top if desired.