



Meat Loaf

NIBBLEDISH CONTRIBUTOR

Ingredients

1lb Lean Ground Beef
1/4 cup garlic herb bread crumbs
Seasoned salt (Optional)
Mrs Dash Original (green cover)(to taste)
salt (to taste)

Glaze
1/4 cup ketchup
Vinegar (cup full)
1/4 tsp brown sugar

Instructions

- 1.Preheat oven to 360 degrees
 - 2.In a large bowl mix ground beef,bread crumbs,mrs dash, salt,seasoned salt. Mix thoroughly.
 3. Form into a loaf shape and place into a baking dish.
 4. Mix together ingredients for the glaze.
 5. Coat top of meat loaf with the glaze and place in oven.
- Cook for about an hour or until internal temperature reached 160 degrees.
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