

# KIM'S FAMILY MEATLOAF

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## **Ingredients:**

1 lb ground beef  
1/4 to 1/2 Diced onion or onion powder  
1 can tomato soup (reserve 1/4 can)  
1 egg  
1/2 sleeve of saltine crackers-crushed  
Salt and pepper to taste

## **Instructions**

1. Preheat oven to 350 degrees
  2. Grease loaf pan with spray oil
  3. In a medium bowl mix together all ingredients except for the reserved 1/4 can of tomato soup.
  4. After meat mixture is well combined, place into loaf pan and press down evenly.
  5. Top with remaining tomato soup and place into oven for 1 hour.
  6. Serve with green beans, baked potatoes or mashed potatoes and salad!
- Enjoy!