

Rudy's Meatloaf



Total time: 1.75 hours

Cook time: 1.5 hours

Makes: 4 servings

Cook temperature: 350 °F

Ingredients:

1 lb ground beef

1 egg

1/2 cup oatmeal (gluten free)

1 tablespoon Bragg's liquid aminos

1 medium bell pepper, yellow, orange, or red, finely chopped (almost pureed)

2/3 6 oz can tomato paste (to mix into loaf)

1/3 6 oz can tomato paste (to spread on top of loaf)

Directions:

- Remove seeds, core, and stem from bell pepper and rinse. Use a food processor to finely chop bell pepper - or chopping by hand also works. If using a food processor, there will probably be a lot of liquid from the pepper's juices; I always pour this liquid in with the ground beef as well.
- Mix all ingredients - except for 1/3 6 oz can of tomato paste - in a large bowl.
- Mold into a loaf inside a 9X9 baking pan. There should be plenty of space on at least two sides of the loaf for extra juices to evaporate.
- Top loaf with extra 1/3rd can of tomato paste.
- Cover with aluminum foil.
- Bake at 350 °F for 1 hour and 15 minutes covered, then uncover and bake another 15 minutes. (The juice from the bell pepper will be covering the bottom of the pan. Uncovering it and baking the extra 15 minutes helps the bottom of the loaf dry up a little so that it is not soggy.)

Enjoy!