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John's Favorite Meatloaf

Ingredients:

2 lbs ground beef
1 box (12 oz) stuffing mix
2 lg eggs
½ cup ketchup
½ cup brown sugar

Directions:

Preheat oven to 350 degrees Fahrenheit. In a large bowl, break up ground beef with a wooden spoon or your hands. Add unprepared box of stuffing mix. Break eggs into a small bowl and beat, and then add to the large bowl. Mix all ingredients until evenly combined. Transfer mixture into 9x5 loaf pan. In small bowl, mix together the ketchup and brown sugar. Spread over the meatloaf. Bake for 45 – 50 minutes at 350 degrees.

Make It a Meal: Serve with baked potato and green vegetable. Also good with a side salad and macaroni & cheese.

Variations: replace ground beef with sausage for added flavor. If you're cutting back on fat content, substitute ground turkey for all or part of the ground beef.

Approximate Nutritional Value: Servings Per Recipe: 8, Amount Per Serving: Calories: 303, Total Fat: 13g, Cholesterol: 123mg, Sodium: 497mg, Total Carbs: 20g, Protein: 24g.

Storage: Keeps up to one week in the refrigerator and four to six weeks in the freezer. Thaw before reheating.

What is your secret to a great meatloaf?

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