



APPLESAUCE MEATLOAF

2 lbs. ground beef
1 cup applesauce
1 onion, finely diced
6 slices bread, ripped into small pieces
1 egg

1/2 tsp. minced garlic, optional

Preparation

Preheat oven to 350 degrees.

Combine all ingredients except tomato sauce. Mix together with your hands until all ingredients are well blended.

Form meat mix into a loaf, and place in a loaf pan. Spread tomato sauce over top. Bake in preheated oven for 2 hours.

Turn out of loaf pan and let sit for 5 minutes. Slice and serve immediately.

Even better as a leftover.