

# MMMmmm Meatloaf

I remember when my Meatloaf didn't include all of the veggies, still tasted good 😊 but this evolved version is soooooo much better.

Makes 2 – 3 large loaves

Preheat oven to 375

## Ingredients

- 1 large pkg of ground meat (upwards of 2 lbs)
- 3 cups of grated carrot
- 1 onion chopped
- 1 cup chopped mushrooms
- 1 cup rolled oats (quick oats)
- 2 tbsp minced garlic (or more)
- ½ cup ketchup
- ½ cup mustard
- 3 eggs
- 1 ½ tsp sea salt
- pepper and spices to taste (I like to add cumin 😊)

## Preparation

1. In a large bowl combine all ingredients.
2. Mix well.
3. Shape into loaves and place on a parchment covered baking sheet.
4. cook about 45 minutes

## Tips & Twists

Wow that was actually hard, because this is a recipe that I usually approximate just kind of throw things into a bowl and mix them together.

Try cooking them in a muffin tin for individual portions (reduce cooking time)😊

Try adding chopped broccoli or cauliflower any vegetable of your choice

Try substituting the sauces, bbq, or salsa.....

This is so good the next day on a sandwich! Also freezes well for a quick dinner later on!

Enjoy!