

# *Meatloaf - Mamoo's*

by Virginia L. Maples

what makes it  
great!

1 lb lean hamburger or ground sirloin.  
1 egg.  
 $\frac{3}{4}$  teaspoon salt.  
1 teaspoon pepper.  
 $\frac{1}{2}$  teaspoon Worcestershire.  
 $\frac{1}{2}$  teaspoon A1 sauce.  
 $\frac{1}{2}$  teaspoons dried celery.  
 $\frac{3}{4}$  cup old fashion oatmeal.  
4oz of tomato sauce or V-8.  
1 small onion – chopped.  
1 small pack of Goya tomato seasoning.

This meatloaf recipe is a combination from two generations of cooks. The base recipe comes from my grandmother Ettie Cleo Sebren. My mother, Virginia Maples made a few additions. The results are fantastic!

This is a simple recipe without a lot of steps.

Place your ground meat into a bowl and add all other ingredients. Sometimes I will take the time to beat the egg before I add it, yet this is not something you have to do.

Mix all the ingredients into the meat. Try not to mix it too long, mix it well, yet overmixing compresses the meat and leaves it tough and dry.

Place the mixture in a loaf pan and spread it into a flat, yet even layer. Add about 4 more ounces of the tomato sauce (or V-8 juice if you used it instead) on top of the loaf.

Bake at 375 degrees for about 45 minutes. The internal temperature should reach 160 F. Every oven is different, so check to make sure it has cooked completely.

Let the meatloaf cool for ten minutes before cutting and serving it or it may fall apart.



Ettie Cleo Rogers Sebren

