

# Meatloaf

Recipe provided by Tina Coleman

**8-inch Skillet with Cover**

**3-quart Mixing Bowl**

**1-quart Mixing Bowl**

**Cooking Time:** 35 minutes (approximately)

**Yield:** 4 servings

## **Ingredients:**

### **Beef Mixture**

1 pound ground beef

½ cup oatmeal

1 egg

1 tablespoon Worcestershire sauce

1 tablespoon brown sugar

¼ cup onion, diced

### **Sauce Topping**

1 (8-ounce) can tomato sauce

2 tablespoons brown sugar

1 teaspoon Worcestershire sauce

## **Directions:**

In the 3-quart Mixing Bowl, combine the ground beef, oatmeal, egg, Worcestershire sauce, brown sugar and onion.

Mold the beef mixture into the bottom of the 8-inch Skillet, leaving about a half inch separation between the mixture and the side of the skillet all around the edge. This will allow you to drain any oil that cooks from the meat before adding the sauce.

Place the 8-inch Skillet on the burner and set temperature between medium and medium-high heat; cover with the Redi-Temp® valve open. When the valve whistles, reduce the heat to the lowest possible temperature and cook for 25 minutes.

Mix tomato sauce, brown sugar and Worcestershire sauce in the 1-quart Mixing Bowl. Once the meatloaf preparation is finished cooking, carefully pour out any oil that has accumulated and place the skillet back on the stovetop. Pour the sauce topping over the meatloaf, cover with the Redi-Temp® valve open and cook at medium heat. When valve whistles, turn off stove. The meatloaf is ready to serve!