

MEATLOAF

By Fred Flanagan

Ingredients

- 6 oz Seasoned Italian Cracker Crumbs
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried thyme
- 1/2 onion, roughly chopped
- 2 whole cloves garlic Crushed
- 1/2 green bell pepper (chopped)
- 18 ounces ground chuck
- 2 links Mild Italian Sausage (remove casing)
- 1 egg
- 1 1/2 teaspoon salt
- 1/4 cup milk



Directions

Heat oven to 325 degrees F.

In a mixing bowl combine cracker crumbs, black pepper, garlic and salt. Add onions, peppers, ground sirloin, and sausage. Add the egg and milk and combine thoroughly,

Place meatloaf in a 10-inch rectangular pan or baking dish Shape the meatloaf and top with ketchup.

Cook approx 1 hour