



Recipe for: Prize Winning Meatloaf

From the kitchen of: Florence Blanchard

## Ingredients

- 1 1/2 lbs ground beef
- 1 cup tomato juice
- 3/4 cup oats, uncooked
- 1 egg, beaten
- 1/4 cup chopped onion
- 1 tsp salt
- 1/4 tsp pepper

## Directions

Preheat oven to 350°F. Combine all ingredients; mix well. Press firmly into ungreased 8x4x2in loaf pan. Bake for about 1 hour. Let stand 5 minutes before slicing. Makes 8 servings.

FOR HAMBURGERS: Emit egg; reduce tomato juice to 1/2 cup. Shape to form 8 patties. Broil or pan fry to desired doneness.

## Story

This recipe for Prize Winning Meatloaf was a staple of my childhood growing up in rural Southern California during the 1950's. It was usually accompanied by mashed potatoes and green beans or carrots from our backyard garden. My siblings and I thought it best when lavished with lots of catsup. Decades ago I photo copied the recipe from the back of the Quaker Oats box. By now, of course, I know it by heart and make it many times a year, rarely changing the ingredients except for doubling the onions. It's particularly good comfort food when I see snow falling outside my kitchen window. The cookies are reliable old standbys, too.

