Oatmeal Meatloaf
Yield: 6-8 servings

Ingredients
- 1 1/4 pounds lean ground beef or turkey
- 3/4 cup quick oats
- 1/2 cup finely chopped onion
- 1/4 cup bell peppers
- 1/2 cup ketchup
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions
1. Combine all ingredients in large bowl; mix lightly but thoroughly.
2. Place in pan and place labeled lid on top. Put into freezer to bake later.
3. Thaw in refrigerator for 24-48 hours. Bake in 350-degree oven for 50 to 55 minutes or until meatloaf is to medium doneness (160°F for beef, 170°F for turkey), until not pink in center and juices show no pink color. Let stand 5 minutes before slicing.