Easy Meatloaf

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INGREDIENTS:

2lbs pounds ground beef (approximately)

1 egg

1 onion, chopped very finely

1 cup milk

1 cup dried bread crumbs

salt and pepper to taste

2 tablespoons brown sugar

2 tablespoons prepared mustard

1/3 cup ketchup

a few shakes of worcestershire

DIRECTIONS:

1.Preheat oven to 350 degrees F (175 degrees C)

2.In a large bowl, combine the beef, egg, onion, milk, worcestershire and bread crumbs. Season with salt and pepper.

3. Form into a loaf shape and place in a 5x9 inch loaf pan OR form into a loaf and place on a baking sheet.

4.In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.

5.Bake at 350 degrees F (175 degrees C) for 1.5 hours.

I usually turn on broil for the last couple minutes to make the sauce a little

more caramelized. (watch you don't burn it!)