

MEATLOAF

**12 ounces ground beef round
12 ounces ground beef chuck
1½ cups chopped onions
1 cup quick-cooking oats
2/3 cup ketchup
2/3 cup chopped up parsley**

**1 teaspoon dried thyme
3 eggs beaten lightly
1 teaspoon salt
½ teaspoon pepper**

Pre heat oven to 350 degrees. Grease a 9X5 loaf pan. Combine ingredients in a large bowl. Mix with your hands until well blended. Put mixture in loaf pan and bake until it reaches 160 degrees, about an hour to an hour and a quarter. Pour out the fat and let cool before serving.

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