



# SUPER DUPER DADDY MEATLOAF

**Servings:** 8   **Difficulty Level:** 2   **Prep Time:** 10 minutes   **Cook Time:** 1 hour 15 minutes

## Ingredients:

2 pounds ground beef  
1 can cream of mushroom soup  
1/2 cup uncooked oatmeal or breadcrumbs  
1 small onion, finely chopped  
1 egg  
1 teaspoon salt  
1/2 teaspoon pepper  
1 dash of Worcestershire sauce  
1 teaspoon ketchup

## Directions:

Put all ingredients out on the table or counter along with a mixing bowl . Have you child assist you in adding ingredients one by one into a bowl. Mix all together with your hands. Mold and shape in a loaf pan. Bake at 350 degrees for 1 hour and 15 minutes. Remove from the oven and have an adult drain the hot grease. Enjoy!

