

Meat Loaf

INGREDIENTS:

- 1 egg
- ¼ cup tomato sauce
- ¼ cup finely chopped onion
- ¼ cup finely chopped celery
- ¼ cup finely shredded carrot
- ¼ cup dry gluten free bread crumbs or almond flour
- ¼ tsp. freshly ground pepper
- 1/8 tsp. sea salt
- 1 lb. ground beef

PROCESS:

- Preheat oven to 350°F
- In a large bowl combine all ingredients.
- Cover a baking sheet with aluminum foil
- Form meat mixture into a loaf.
- Place meat loaf on baking sheet.
- Bake at 350°F for 45 minutes.

ENJOY!

