



## Mexican-Meat-Loaf

2 med. Onion

½ Green Pepper (diced)

750g Beef (minced)

¼ t Pepper

1 Egg

1 Tablespoon Worcestershire Sauce

3 Tablespoon Tomato Sauce

½ cup Harraways Oats

1 t Salt

Mix all ingredients except tomato sauce together.

Press into loaf tin.

Spread tomato sauce over the top of the loaf.

Bake at 180°C for 1 hr.

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