



Delicious & Easy Meatloaf

1 lb. of grass-fed ground beef
1 medium red onion, diced
1 cup of gluten-free oats
2 tbs. organic ketchup
1 pastured egg

1. Mix all ingredients together well.
2. Put meatloaf in loaf pan.
3. Bake at 350 degrees F for 40 minutes.
4. Enjoy!