



## LI'L CHEDDAR MEAT LOAVES

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From the kitchen of Mom Dudley

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### Ingredients:

1 Egg  
¾ cup Milk  
1 cup (4oz.) Cheddar Cheese,  
shredded  
½ cup Quick-Cooking Oats  
½ cup Onion, chopped fine  
1 tsp. Salt  
1 Lb. Lean Ground Beef  
2/3 cup ketchup  
½ cup Brown Sugar, packed  
1 ½ tsp. Prepared Mustard

### Directions:

In a bowl, beat the egg and milk. Stir in cheese, oats, onion and salt. Add beef and mix well. Shape into eight loaves; place in a greased 13 x 9 x 2 baking dish.

Combine ketchup, brown sugar and mustard; spoon over loaves. (I always double the topping; my bunch likes Sauce)

Bake, uncovered, at 350° for 45 minutes or until the meat is no longer pink and a meat thermometer reads 160°.

Serves: 8