INGREDIENTS:
1 lb ground beef or turkey
1/2 cup breadcrumbs or quick cooking oats
1/2 cup applesauce
1 egg, beaten lightly
1/4 cup onion, chopped
1/4 cup ketchup or tomato sauce
1/2 tsp salt
1/4 tsp black pepper
1/2 tsp garlic powder
1 tsp steak sauce

Optional Ingredient:
1 tsp steak sauce

Serves: 4; 2 slices per serving

MATERIALS:
Cutting board
Large bowl
Loaf pan or square pan
Measuring spoons
Measuring cups
Mixing spoon
Sharp knife

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DIRECTIONS:

1. Preheat oven to 350°F.

2. In a large bowl, combine all ingredients, mix well.

3. Pat mixture into a greased loaf pan or shape into a loaf and bake in a greased 8 inch square pan.

4. Bake for 1 hour. Let cool for 10 minutes; remove to a platter and slice.

Chef’s Notes:

- Change up the flavor by adding 1/2 teaspoon of cumin and/or chili powder.
- Pair with a side of roasted, steamed, or fresh veggies!
- Add more veggies, like bell pepper or shredded carrot for added nutrients!