



**GLEANERS**  
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## APPLESAUCE MEATLOAF

### **MATERIALS:**

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

### **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

### **Optional Ingredient:**

1 tsp steak sauce

Serves: 4; 2 slices per serving

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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!