

## **Not Your Mama's MeatLoaf (A NowICanEatCake recipe)**

### **Stuffs:**

- 2 lbs. lean ground beef (can use venison and beef, lamb and beef, whathaveyou)
- 1 medium onion, chopped
- 1/4 - 1/2 c. crushed crackers (I used some gluten-free Cheddar Crackers from Glutino Foods, they were AMAZING)
- 2 large eggs
- 4 T. each ketchup and your favorite barbecue sauce
- salt and pepper to taste
- more ketchup and barbecue sauce for the top

### **Steps:**

1. Preheat your oven to 375° F.
2. Spray a loaf pan with non-stick cooking spray; set aside.
3. In a large bowl add all ingredients; mix well with your clean hands, making sure to incorporate all ingredients.
4. Pat into prepared loaf pan.
5. Squirt top with barbecue sauce and ketchup in a cool design on top.
6. Bake for 1h 30m or until juices run clear and meat is no longer pink.
7. Enjoy with aside of veggies, potatoes and/or a nice salad.