

# Handy-Dandy Shopping List – Meatloaf

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) - Adapted from Martha Stewart



Ground Beef (  $\frac{3}{4}$  to 1 pound) choose a lean cut of ground beef  
Ground Pork (  $\frac{3}{4}$  to 1 pound)

3 Slices of White Bread

2 Eggs

3 Carrots (about 1 cup)

1 Celery Rib (1 piece from the stalk)

1 Small Yellow Onion

2 Garlic Cloves

$\frac{1}{2}$  Large Red Onion (cut into rings)

Ketchup

Ground Dry Mustard Powder – found in the spice section

Salt

Pepper

Tabasco Sauce

Worcestershire Sauce

Brown Sugar

Olive Oil

Water