

Meat Loaf

Ingredients

12ozs lean ground beef
1 large whole egg
¼ cup onion, fine dice
1 clove garlic, minced
¼ cup bread crumbs
1 tsp dried basil
1 tsp dried oregano
2 tsp salt
2 tsp black pepper
½ cup ketchup

Method

Place all ingredients except ketchup in the convectionware and mix to combine. Form into a uniform loaf and cover with ketchup.

Secure the convectionware lid and place in a preheated 450 degree oven for 25 minutes.