

Meatloaf

I like to cook this in a cast iron grill pan, but I think any rimmed baking pan would work.

I'll often put it together earlier in the day, cover it and store in the fridge, then when it's time to start making dinner, just throw the pan in the oven.

Ingredients:

- *1 lb Six S Dairy Ground Beef*
- *1 lb Six S Dairy Breakfast Sausage*
- *1 lb Six S Dairy Jowl Bacon*
- *1 Six S Dairy Free Range Egg*
- *3 Slices Whole Grain Bread*
- *1t. Onion Powder*
- *Salt & Pepper*
- *1/4 c Ketchup*
- *3/4 c Six S Dairy Raw Milk*

Steps:

- Pre heat oven to 350*
- Crumble bread slices (I use a small food chopper)
- In a large bowl place all ingredients except bacon
- Mix well, I find it easiest to mix with clean hands
- Shape mixture into a loaf and place in cast iron grill pan
- Cover with strips of bacon
- Cook for about 1 hour and 15 minutes or until internal temp is 160*
- Turn the oven on broil towards the end of cooking to crisp bacon
- Enjoy!