

## Meat Loaf In A Snap

### Ingredients:

2 eggs  
1 cup milk  
1/2 cup white bread crumbs, soft  
3 teaspoons salt  
1/2 teaspoon pepper  
2 lb ground chuck  
Aluminum foil

### Preparation:

1. Beat eggs and milk together in a large mixing bowl.
2. Add the breadcrumbs, salt and pepper and blend together well.
3. Sprinkle in the salt and pepper.
4. Place the ground chuck in with the milk mixture and mix well.
5. Use your hands to mix making sure all the ingredients are combined.
6. Place a piece of aluminum foil in a 9X9 inch pan.
7. Be sure the aluminum foil comes about 6 inches over the edges of the pan.
8. Form meat mixture into the pan.
9. Pull the aluminum foil over the top and seal well.
10. Remove from pan and freeze for up to 2 months.
11. To heat preheat oven to 350 degrees
12. Spray a 9X9 inch baking pan slightly with a non stick cooking spray.
13. Unwrap the meatloaf and place in the pan.
14. Bake 1 hour 30 minutes or until set.