



Hearty Meatloaf You Can Cook in a Microwave - without People Knowing It

Prep time: 15 minutes

Cook time: 13 minutes

Servings: 4

Start by getting this:

- 1 lb. Ground beef
- 1/4 lb. Ground pork
- 1 Egg
- 1/3 cup Whole Milk
- 1 cup Fresh bread crumbs
- 1 tablespoon Onion, finely minced
- 2 tablespoon Parsley, finely chopped
- 1 teaspoon Salt
- 1/2 teaspoon Pepper
- 1/4 teaspoon Nutmeg
- 1/3 cup Ketchup

Now, prepare!

Step One:

In a large bowl, mix together ground beef and pork.

Step Two:

In a small bowl, mix together the egg and milk.

Step Three:

Add bread crumbs, onion, parsley, salt, pepper and nutmeg.

Step Four:

Mix a few times just to blend, then add egg mixture to ground beef mixture and blend well.

Step Five:

Press evenly into a glass loaf pan.

Step Six:

Microwave the meatloaf on high heat for 13 minutes.

Step Seven:

Remove from microwave and spread the ketchup to cover the top of the meatloaf.

Step Eight:

Let stand for 5 minutes, then slice and serve while warm.