



Food H &P

- 1 pound of ground beef or ground turkey
- ½ cup of diced onion
- 1 cup of oatmeal
- 2 eggs
- 1 T of Worcestershire sauce
- Salt and Pepper
- 2 cups of shredded pepper jack cheese
- ¼ cup of ketchup
- ½ tsp of chili powder

Food Rx

Preheat oven to 400 degrees F. Grease a loaf pan.

Mix the 1st 6 ingredients, adding the amount of salt and pepper that you would prefer. Press half of mixture in the bottom of the pan, cover with the cheese. Then press the remaining meat on top of the cheese. Top with the ketchup. Lastly sprinkle the chili powder on top.

Bake, covered with foil for 30 mins. Remove the foil and bake another 25 minutes or until the edges are bubbling and meat is no longer pink.

Let sit 5 minutes before slicing.