



### J. Render's Meatloaf

- 3 lbs sirloin burger meat
- 1 ¼ cup seasoned breadcrumbs
- 3 eggs
- 4 shakes Worcestershire sauce
- ¾ cup diced onions
- ¾ cup catsup
- 2 teaspoon salt
- 1 teaspoon pepper

Mix all ingredients by hand. Line 9x5 bread pan with wax paper. Pound meat mixture (pound it good ;) into pan. Top with lots of catsup. Place on flat pan with parchment paper (to catch drippings)

Bake at 350° until internal temperature is 145°.

Yields one loaf.

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