



[Hillbilly Recipes.](#)

COUNTRY GIRL'S MEAT LOAF

This is my own recipe, created after years of blending and mixing my own favorite items until I finally had the taste I liked.

- 1 1/2 lbs. hamburger
- 1 c. quick cook oats
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 egg
- 1 tsp. chili powder
- 1/2 tsp. salt
- 1 tbsp. Worcestershire sauce
- 2 tbsp. vinegar
- 2 tbsp. mustard (jar mustard)
- 1 large (or) two small cloves garlic, minced
- BBQ sauce (your favorite brand)

Combine oats, onion, green pepper with hamburger. Blend. Add next 7 ingredients; blend again. Then blend in just a little of the BBQ sauce. When completely combined, put mixture into your loaf pan... cover top with some of the BBQ sauce.

Bake at 350°F for 1 hour.

[Petrova Tillery](#) shared [Hillbilly Recipes.](#)'s [status update.](#)