Meatloaf

Ingredients:

500gm minced beef

1 egg

2 chopped onions

1.5 cup milk

1.5 cup dried breadcrumbs

2 tablespoons sugar

2 tablespoons mustard

1/3 cup ketchup

Salt and pepper to taste

1. Preheat the oven to 175 degrees C.
2. Fry the onions in a pan, over medium heat for 5 minutes, until they are caramelized.
3. In a large bowl, mix beef, egg, onions, milk, Worcestershire sauce and breadcrumbs. Season with salt and pepper.
4. Put the mixture in a lightly greased 5x9 inch loaf pan.
5. In a separate bowl, combine the sugar, mustard and ketchup. mix well and pour over the meatloaf.
6. Bake at 175 degrees C for 1 hour.
7. Serve warm with salad or mashed/roast potatoes.