

# Meatloaf

## Ingredients

1 lb ground meat  
1 lb medium Italian sausage, ground  
1 tsp garlic  
1 tsp salt  
1 tsp pepper  
1 tsp parsley  
½ tsp cumin  
½ tsp southwest chipotle seasoning  
½ cup dehydrated onion  
2 eggs  
2 tbsp A-1 sauce  
½ cup cornmeal  
½ cup cornflake crumbs

## Directions

1. Combine all ingredients in large bowl.
2. Mix well until well blended.
3. Spray medium baking dish with cooking spray and then pour in mixture.
4. Cover with tin foil and bake at 350 degrees for 30 minutes.
5. When finished, uncover and put back in for another 30 minutes.