

Manly Meatloaf

Ingredients:

- 3 lb ground beef, ground turkey, or a mixture of ground beef and turkey/pork
- 3 1/2 c. oatmeal (or 14 packs of the instant oatmeal)
- 1-1/2 c. buttermilk (or add 1 T. vinegar to regular milk)
- 4 eggs
- 2 t. salt
- 1 onion, chopped
- 1-2 c. veggies, chopped (I used the California blend veggies and some baby spinach from [Walmart](#) this time but you could use just about anything you like.)
- 1-2 c. shredded cheese, optional
- [nutritional yeast](#), optional

Directions:

Preheat oven to 350.

Lightly grease a 13 x 9 pan or 2-5x9 inch loaf pans.

Mix remaining ingredients and put them into the pan(s).

Top with shredded cheese, if desired.

Sprinkle with nutritional yeast before or after baking, if desired.

Bake 45 minutes or until juices run clear.

We served this with some [caulitaters](#) (*Mr. Awesome says he actually likes them better than real potatoes*) and a [salad](#).