



### **Meatloaf – GF CF (Would make good meatballs)**

- 1 cup rice crispies cereal crumbs – Takes about 3 cups of rice crispies to make crumbs
- 1 small onion chopped
- 1 Carrot, peeled
- 1 clove of garlic
- 1 Tablespoon fresh parsley or 1 teaspoon dried parsley
- 1 Tablespoon fresh Oregano or 1 teaspoon dried parsley
- 1/4 teaspoon Salt
- 1/2 teaspoon Pepper
- 2 pounds hamburger
- 3/4 cup ketchup
- 2 Eggs

Process cereal in food processor to turn into crumbs, put in a bowl. Process onion carrots and spices in food processor, add to cereal. Mix in hamburger, ketchup and eggs. Put in bread pan. Cook at 350 for 1 hour and 15 min.

<http://www.lincolntent.com/GFCF-Beef.html>