**MEATLOAF**

**MAKES: 1 loaf**

1 ONION

1 GREEN BELL PEPPER

2 cloves GARLIC

2 lbs GROUND BEEF

3 cups BREAD CRUMBS

2 EGGS

5 tbls KETCHUP

2 tbls WORCESTERSHIRE SAUCE

2 tsp SALT

2 tsp PEPPER

2 tsp TABASCO

4 strips BACON

1. Preheat oven to 350°.
2. Dice onion, garlic and bell pepper and sauté in oil over medium heat until the onions become slightly translucent. Scrape mixture into medium bowl and mix with all remaining ingredients, except bacon. Place in buttered loaf pan, pushing down to make a uniform loaf. Slice bacon in half and cover the loaf.
3. Bake until loaf reaches internal temperature of 160° (about 1 to 1 ½ hours).