**Ingredients**

- 1 lb. ground beef 80-90% lean*
- 2/3-3/4 c. bread crumbs, store bought or made by crumbling
- 2 slices of dry bread
- ½ c. dry oatmeal
- 1-2 eggs, depending on their size
- 2 tbsp. ketchup
- 1 tbsp. mustard
- 1 tbsp. onion flakes
- 1 tsp. garlic
- ½ tsp. Italian seasoning
- ¼ tsp. black pepper
- ¼ tsp. salt
- pinch of sage
- Beat egg(s) and add the remaining ingredients, meat last.

**Directions**

Mix well and shape into one large or two smaller loaves. Place on a foil lined baking sheet or in a bread pan and bake at 350 for 50-60 minutes.