

Skillet Meatloaf

Unit: 8" Skillet

1 - Medium carrot shredded on #1 Blade
1 - Medium onion shredded on # 2 blade
1 - small potato shredded on #1 blade
1 - cup of ketchup

1 - Pound of 90-10 ground beef
2 - Eggs or 4 egg whites
1 - Teaspoon of seasoning salt
1 - Cup of oatmeal

Combine the first 7 ingredients and 1/2 of the ketchup into a mixing bowl and mix thoroughly. Place into a cold small skillet (8 inch) and press firmly into the unit. With the lid on the pan, turn the burner onto medium heat and rotate the valve under the knob to to open.

When the valve activates, rotate it to closed and then turn to medium-low heat for 20 minutes. (If the burner goes 1-10, turn it to 2) Pour the remaining ketchup over the top of the meatloaf, cut it into pieces with a plastic spatula and serve from the skillet.

Notes:

Use a plastic spatula to cut the meatloaf in the skillet for serving

You can double this recipe and cook it in the large 10.5" skillet!