

David's "Mean" Meatloaf

3 lbs. ground beef

3 eggs

1 large sweet onion

1 cup breadcrumbs

$\frac{1}{2}$ cup ketchup

salt and pepper to taste

Mix together all the ingredients except the onion.

Chop and sauté the onion with salt & pepper in plenty of oil until tender and starting to brown. Generously salt and pepper the onions while they're cooking, not the meat mixture. Remove from heat and add to the mixture. Mix thoroughly (I find a potato masher helps here).

Form the mixture into a loaf in a baking dish. Put it in a 375° oven for 50 minutes. Enjoy!