

Meatless Meatloaf!!



Ingredients:

2 Packages of Lightlife Smart Ground protein crumbles-Mexican style
2 Small Handfuls of Crushed Nabisco® New England Oyster Crackers
1 Package Of Lipton® Beefy Onion
1/2 Cup of Heinz Ketchup - Heinz is Vegan OK Ketchup
3/4 Cup of Water
Salt and Pepper

Directions:

Mix all ingredients together with hands in a 8x8 inch glass baking dish.

Add an additional thin layer of ketchup on top with salt and pepper to taste.

Bake at 350° degrees for about 40 mins.

Pull out and serve!!!!

Thats It!