

## Neatloaf

### Loaf:

1 med. onion, diced  
1/2 green pepper, diced  
3 tbs. veg/olive oil  
1lb. meatless crumbles  
1/4c. dry oats  
2 slices bread, crumbled  
3 tbs. ketchup  
2 tsp. garlic salt  
1/2 tsp. pepper

### Topping:

1/2c. ketchup  
1/2c. brown sugar  
1/2-1 tsp. dry mustard  
1/2 tsp. nutmeg

- Sautee onion and green pepper in oil over medium heat until soft
- Combine in bowl with remaining loaf ingredients, mixing well
- Press into an oiled loaf pan
- Cover with foil
- Bake at 375 for 30min. (45min. for double batch)
- Mix together topping ingredients
- Spread topping over loaf (once cooked)
- Cook uncovered 15 more minutes
- Serve immediately or allow 15min. to cool/"set"