

*Instead of bread crumbs or plain oatmeal, use **Vermont Morning®** with all its whole-grain, high fiber goodness. This makes two loaves. Freeze one uncooked or cooked for next time.*

- 1 cup **Vermont Morning®** multi-grain hot cereal (not cooked)
- 2/3 cup milk
- 2 tsp Worcestershire Sauce, to taste
- 3/4 tsp salt or to taste
- 1/2 tsp pepper or to taste
- 1 egg, slightly beaten
- 1 lb breakfast sausage, bulk or remove the casings. Turkey sausage is fine. Just nothing with sugar in it.
- 2 lbs ground round / chuck
- 1 cup chopped onion
- 1 cup chopped mushrooms
- 1 small can tomato sauce (optional)
- Horseradish (optional)

1. Mix the milk, Worcestershire Sauce, salt and pepper. Beat the egg with the milk mixture. Stir into the **Vermont Morning®** in a small bowl. Let the grains soften while you prepare the rest of the ingredients.
2. Mix together the sausage and beef until well blended.
3. Stir the onions and mushrooms into the **Vermont Morning®** and milk mixture and mix all this with the meat mixture until uniformly blended.
4. Divide in half and pat each loaf into a loaf pan, rounding the top so the fats run off to the sides.
5. Bake at 375 degrees for 1 hour. If you like tomato sauce topping your meat loaf, pour 1/4 to 1/2 cup tomato sauce over the meatloaf for the last 15 minutes of cooking (optional).
6. Remove from the oven and remove the loaves from their pans so they don't reabsorb the fats as they cool. Serve at once with a horseradish garnish (optional) or, when cooled, slice for great meatloaf sandwiches!
7. For **stuffed peppers**, mound in pepper halves (seeded, etc.) and bake at 350 degrees for 1 hour.
8. For **stuffed mushrooms**, clean the mushrooms and remove stems. Chop stems and mix into the meat mixture. Mound meat mixture into caps. Grease a baking pan with shallow sides. Bake at 350 degrees for 30 minutes.

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