MEATLOAF

FOODene

Red Meat (e.g. pork, beef, venison):
- Preheat oven to 325°F.
- For 1 lb. of ground red meat, baking will take ~1 hour. Add 1/2 hour cook time for each additional 1 lb. of meat in the recipe.
- Cook to 160°F for safe consumption.

Poultry (e.g. chicken, turkey):
- Preheat oven to 350°F.
- For 1 lb. of ground poultry, baking will take ~1 hour. Add 1/2 hour cook time for each additional 1 lb. of meat in the recipe.
- Cook to 165°F for safe consumption.

Temperature Check: *Use a meat thermometer inserted at least 1/2 inch into the meatloaf to ensure that the correct temperature is achieved regardless of the type of meat you use.*