

# Meatloaf In An Onion

Adapted from "Recipes for Roughing It Easy" by Dian Thomas. Feel free to use your favorite recipe for meatloaf. If you don't like onions, you can cook the meatloaf in tomatoes or bell peppers instead.

## Ingredients

- 1 pound lean ground beef
- 1 egg
- ½ cup cracker crumbs
- ½ cup tomato sauce
- 2 tablespoons teriyaki sauce
- 4 cloves garlic, minced
- ½ teaspoons sweet mustard
- ½ teaspoons salt
- Pinch of pepper
- 4 large onions, peeled and halved
- Heavy-duty aluminum foil

## Directions

1. Cut off the root at the bottom end of the onion so that removal of the center is easy. The removed center of the onion can be diced and combined with ingredients or used later.
2. In a 1-gallon, plastic, self-sealing bag, combine ground beef, egg, cracker crumbs, tomato sauce, salt, pepper, teriyaki sauce, garlic, mustard, salt and pepper and mix by squeezing bag. Set aside.
3. Cut onions in half horizontally and remove center part of onion, leaving a ¾-inch-thick shell.
4. Divide meat mixture into 4 portions and roll into balls. Place in the center of the 4 onion halves. Put onions back together. Wrap each onion in foil.
5. Cook over a bed of hot coals for 15 to 20 minutes per side. Turn every five minutes or so to keep from burning. Serves 4.