

Easy Meatloaf

1 pound of lean ground meat (beef, turkey, or chicken)

1 jar of salsa

1 cup of oatmeal

Preheat oven at 350 degrees

Mix all ingredients in one bowl.

Put mixture in a loaf pan and bake for 1 hour or until 160 degrees.

Let sit for a few minutes to cool, and your meatloaf should slice well!

3,2,1 cake

1 Angel food cake mix

1 cake mix of your flavor choice

Mix both cake mixes well in a container together.

When you would like a sweet treat, take 3 tbsp of the mix and 2 tbsp of water and mix well in a mug. Cook in microwave for 1 minute on high. Embellish your personal size cake with fruit, chocolate syrup, whipped cream, icing, or whatever you would like!

The mixture can be kept for 12 – 18 months, as long as kept dry and in an air tight container.

-Lisa McMahan

FCS agent/Roane County

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