



Quick & Easy Meatloaf

- 1 can (19ounce) Heritage [Vegeburger](#)
- 1 can (6 ounce) tomato paste
- 1/2 green pepper, chopped
- 1 medium onion, chopped
- 3 teaspoons The Vegetarian Express [Roasted Garlic Red Bell Pepper Zip](#)
- 1/4 cup ketchup
- 2 tablespoons brown sugar

Directions:

Crumble the Vege-Burger into a bowl. Stir in ½ can of tomato paste. Add the chopped green pepper, onion and seasoning and mix well . Put in 8x8 greased baking dish or a bread loaf pan. Mix the ketchup and brown sugar into the remaining tomato paste. Spread over loaf.

Bake at 350 degrees for ½-1 hour depending on the thickness of the loaf. Very easy and delicious recipe.

Submitted by Summer T. of South Carolina