



Donated by Allen & Myra Charleston

This heart healthy meat loaf recipe may well help lower cholesterol - it has both emu and oatmeal in it.

Heart Healthy Meat Loaf

- 2 pounds ground emu
- 1/2 cup oatmeal
- 1 chicken egg
- 1/2 cup water
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon paprika
- 1/2 cup minced onion
- 1/2 cup minced bell pepper

Mix all ingredients by hand in large bowl. If too soupy, add a bit more oatmeal. You want this to be a very moist mixture, so don't add too much. Pour into casserole and bake covered at 350° for 45 minutes. Remove lid and bake an additional 10 minutes.

Serves 6.