



Spicy Meatloaf

1 lb hamburger

Small onion - diced

1/2 cup red pepper – diced

1 egg

2 tbs. Harissa Olive Oil

2 tbs. Espresso Balsamic

Ground Smoked pepper

1/2 cup oatmeal

Mix all ingredients, when using a loaf pan slope edges all of the way around the meatloaf. It easier to remove from the pan and leave the grease behind. The last 10 minutes top with your favorite BBQ sauce and ground pepper. Bake at 375 for 30 minutes. Let sit for 5 minutes.