



## [Clean Out the Fridge Loaf](#)

Recipe found on [AnnsEntitledLife.com](http://AnnsEntitledLife.com)

Prep Time: 15 Minutes

Cook Time: 1 Hour

Total Time: 1 Hour 15 Minutes

Servings: 6

### **Clean Out The Fridge Loaf Ingredients:**

- ¼ cup Rye Flour
- ¼ cup Barley Flour
- ½ cup Oatmeal
- 2 cups Vegetables, diced (suggested: carrots and/or broccoli)
- ¼ tsp dehydrated Vegetable Flakes
- 2 cloves Peeled Garlic
- ½ tsp Salt-free Spike
- 2 pounds Ground Beef
- ½ cup Chicken Stock
- 1 large Egg

### **Clean Out The Fridge Loaf Directions:**

- Preheat oven to 350°F.
- Combine rye flour, barley flour, and oatmeal in a bowl. Set aside.
- Dice fresh vegetables (suggested carrots and broccoli) into small pieces. Cook in water (or extra chicken stock) with vegetable flakes, garlic, and salt-free Spike. Drain and cool.
- Combine ground beef, ½ cup chicken stock, egg, cooled and cooked vegetables, and dry

ingredients together. Mix well.

- Form into a loaf, and place into an oiled meatloaf pan.
- Bake in preheated 350° oven for 45 minutes to 1 hour.
- Serve hot, refrigerate leftovers.