

MEATLOAF



INGREDIENTS

Any gone bad meat, or vegetable recipes
Baked potato
Any type of soup, broth, or gravy



EQUIPMENT

Pan
Stove
Spoon
Food processor

TOP TIPS

The great thing about the meal in a bowl is you can add whatever you want. I always have potato, veggies, meat, and some type of soup, broth, or gravy. This is another way you can hide foods that others won't eat, but are healthy.



METHOD

1. Cook your potato, skin on, top with your meat or vegetables.
2. Add your soup, broth, or gravy, I put some greens through the food processor and add those as well along with some bee pollen.

