

# Hereford Women | In the Kitchen

by Erin Lockhart

Fall is upon us — such a beautiful time of the year in the Northwest. The leaves are changing, and the colors of fall brighten the days. It's a wonderful time for a warm meal with family and friends.

Ground beef is a weekly staple on my table and below is a recipe for Herdman's Meat Loaf, shared on the National Hereford Women (NHW) website, *HerefordWomen.com*. This recipe, submitted by Carol Priefert, is one my family has enjoyed.

**Committee candidates announced**  
The NHW proudly announce this year's nomination committee. From the Northwest, we have Michelle Beran, from the Northeast we have Betsy Beck, from the Southeast we have Suzanne Matheny and from the Southwest we have Kathy Buchholz. A very special thank-you to these ladies for helping make the future great for the NHW.



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**HerefordWomen.com**

## Become a member

Dues can be paid at any point throughout the year. A membership form can be found on the website or can be emailed to you. Please contact [nationalherefordwomen@gmail.com](mailto:nationalherefordwomen@gmail.com)

with questions. Dues can be paid online at *HerefordWomen.com*, and membership forms can be sent to Karen Smith at P.O. Box 1225, Gatesville, TX 76528. **HW**



## Herdman's Meat Loaf

**Prep time:** 10 Minutes

**Cooking time:** 45 Minutes

**Serves:** 6

### Ingredients

2 pounds ground beef  
½ cup ketchup  
½ cup water  
1 teaspoon vegetable oil  
1 teaspoon salt  
½ teaspoon pepper  
1/8 teaspoon ground sage  
½ teaspoon celery salt  
1/8 teaspoon oregano  
1 tablespoon prepared mustard  
1 to 2 cup(s) bread crumbs  
1 large egg  
1 medium onion, chopped



### Instructions

- 1) Chop onion and set aside.
- 2) Add onion, bread crumbs and ground beef together, blending well.
- 3) Add water, ketchup, vegetable oil, mustard, seasonings and eggs to beef mixture and blend well.
- 4) Place in a slightly greased oven-safe dish and cook uncovered at 350-375 F for approximately 45 minutes to 1 hour. Meatloaf is done when the meat internal temperature reaches 160 F.
- 5) Serve and enjoy!