



MULLET LOAF

PREPARATION:

2 Pints canned mullet	1 Small chopped onion	1/2 Cup chicken broth
1/2 Cup oatmeal, soaked	1/2 Cup chopped green pepper	Morton seasoned salt to taste
1 Egg slightly beaten		

PREPARATION:

Drain juice off of canned mullet. Mix all of the ingredients together in large bowl. Place in a lightly greased loaf pan. Bake at 350 degrees for 35 to 40 minutes.

Enjoy!

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