

Meat Loaf

Ingredients	Healthy Substitutions
• 6 ounces garlic-flavored croutons	•
• ½ teaspoon ground black pepper	•
• 1 teaspoon chili powder	•
• 1 teaspoon dried thyme	•
• ½ onion, chopped	•
• 1 medium carrot, peeled and broken into chunks	•
• 1 chopped garlic clove	•
• ½ bell pepper (any color), in chunks	•
• 2 ½ pounds ground beef (85% or 90% works well)	• Ground Turkey or beef mix
• 1 ½ teaspoons kosher salt	•
• 1 beaten egg	•
Topping	
• ½ cup catsup	•
• 1 teaspoon ground cumin	•
• Dash Worcestershire sauce	•
• Dash Tabasco sauce	•
• 1 tablespoon honey	•

Preparation

1. Preheat the oven to 350 degrees
2. Combine in a food processor: croutons, peppers, chili powder and thyme. Pulse until fine texture. Dump mixture into a large bowl. Combine in a food processor: onion, carrot, garlic and bell pepper. Pulse until finely chopped. Add to bowl.
3. Add meat and combine all ingredients in the large bowl. Use your hands.
4. Add salt and egg and combine – avoid squeezing the meat.
5. Pack mixture into a 10-inch loaf pan.
6. Prepare a large baking sheet that has a raised edge by lining it with parchment paper. Turn the loaf out of the pan onto the parchment paper. Place the baking sheet in the oven.
7. Prepare the topping: combine all ingredients in a bowl.
8. After the meatloaf has baked for 10 minutes, brush the topping onto the loaf and return it to the oven.
9. Bake until the internal temperature is 155 degrees. Total time approximately 90 minutes depending on the size of the loaf pan and, therefore, the thickness of the meatloaf. Check often.

Serves 10 or 12 depending on the size of the portions

Required Tools

- Chopping board
- Chef's knife
- Food processor
- Measuring spoons and cups
- 10 inch loaf pan
- Baking sheet
- Parchment paper
- Meat thermometer