



# North Coast Food Web

*Cultivating healthy communities  
and a vibrant economy through food & agriculture*

## MEATLOAF

Serves up to 8 for dinner or 4 with lots of leftovers

Preheat oven to 350

3 pounds ground meat, ideally not just beef.  
Try 1# each of beef, Italian sausage and lamb or turkey.

1 medium onion, finely diced  
1 bunch scallions, chopped  
1 carrot, finely diced  
1 large celery rib, finely diced  
1/2 bell pepper any color, finely diced 4 cloves garlic, minced

6 mushrooms any kind, finely diced  
3 eggs  
1/2 cup ketchup or your favorite not-too-sweet BBQ sauce 1/2 cup cream, half & half or whole milk  
1 teaspoon cumin  
1/2 teaspoon nutmeg  
1/4 teaspoon cayenne or chipotle powder  
3/4 cups toasted bread crumbs  
Olive oil, salt & pepper

Sauté all the vegetables, including the garlic, in a dollop of olive oil over medium heat. Stir and cook until soft but not brown and all the liquid is evaporated. This takes 10 or 15 minutes. Set aside to cool.

Beat the eggs, ketchup or BBQ sauce, cream and spices together. Add salt and pepper in the amounts that suit your taste.

In a big bowl, break up the meats, add the cooled veggies and the liquid mixture. Mix well with your hands. Add bread crumbs and continue to knead the mixture until you can feel everything is evenly distributed. Shape into a loaf about 3" thick, on a sheet pan and bake for about an hour or until a meat thermometer registers 155 degrees. Let sit for 15 minutes before slicing.

You don't need to wrap this with bacon, slather it with ketchup, top it with slabs of cheese or any of the other things we do to make sure the meatloaf is moist and tasty.

This thing is perfect. It makes killer sandwiches hot or cold. Serve a slice topped with an over easy egg sided with toast and pepper jelly. Break it up in marinara and serve it over pasta.

Come to think of it, this recipe would make flat out fabulous meatballs.

*Recipe courtesy of Merianne Myers/North Coast Food Web*