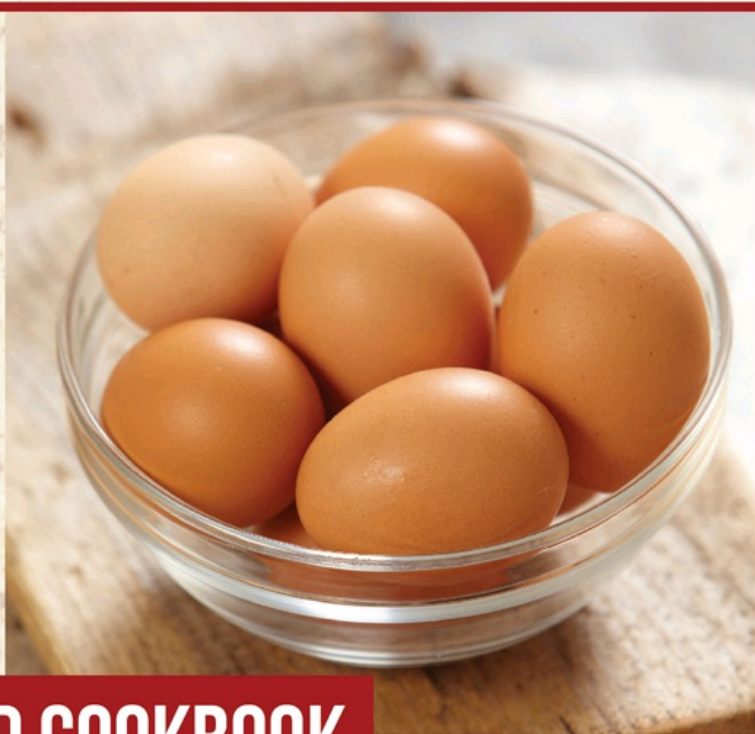


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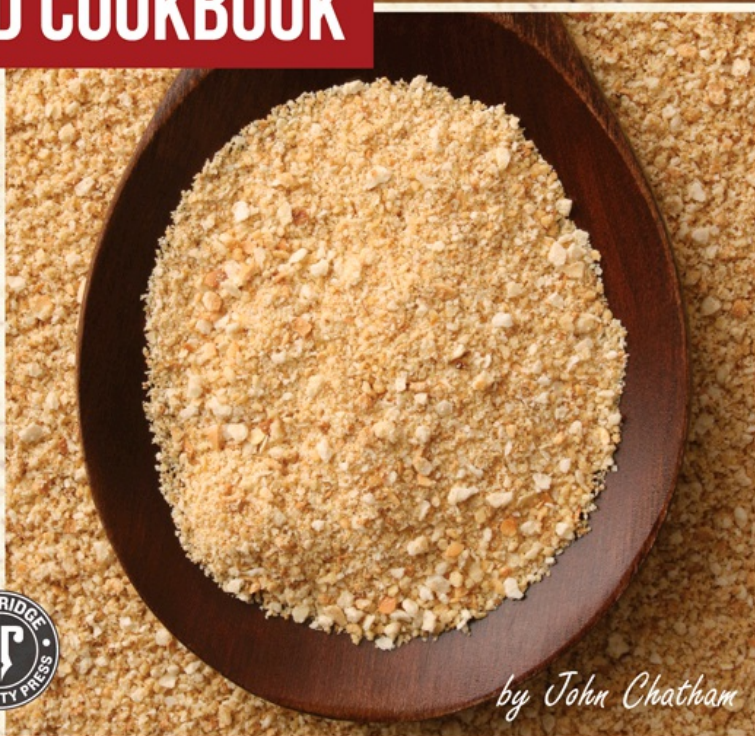
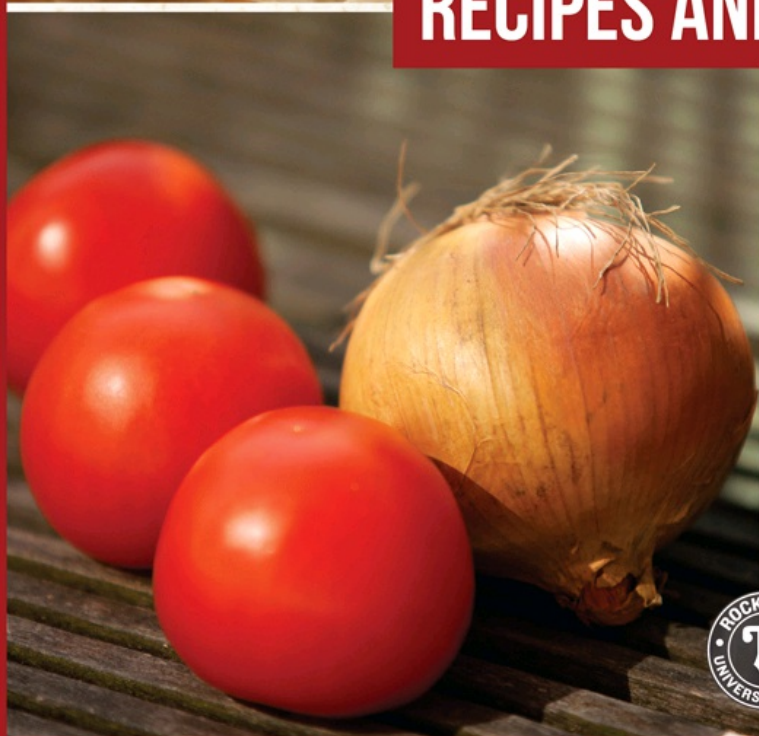
THE
NATIONALLY
RECOGNIZED
COOKBOOK

MEATLOAF

121 RECIPES FROM COMFORT FOOD FAVORITES TO INTERNATIONAL CUISINE



RECIPES AND COOKBOOK



by John Chatham

The Ultimate Meatloaf Recipes and Cookbook

121 Recipes from Comfort Food Favorites to International Cuisine

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Rockridge University Press

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An Introduction to Meatloaf

Most of us don't think of meatloaf as a gourmet dish, but rather as a comfort food that reminds us of our childhoods. It was an inexpensive way for harried moms to fill grumbling tummies, but many of our moms just didn't have the time or knowledge to make a great meatloaf. They often just threw together some ground beef, a few breadcrumbs, an egg, and, if we were lucky, some chopped onion to add a little flavor. They mashed it together, squirted some ketchup on top, threw it in the oven, baked it until it was gray and as hard as a rock, and called it dinner. They may have served it with equally bland mashed potatoes and, perhaps, canned green peas or string beans.

It's a shame that so much good ground meat was treated so shabbily. But it didn't have to be that way.

It is so simple to make a meatloaf that is amazingly delicious. It takes just a little more time and attention to flavors for meatloaf to be a real dinnertime treat that will tickle even the most sophisticated gourmet palate. With the right ingredients, you can assemble a loaf that will please even the pickiest of eaters. The long baking time ensures that the house will be filled with the mouthwatering aroma of slowly cooking ground meat, surrounded by bubbling juices, teasing your family's taste buds and filling them with anticipation of the delicious dinner to come.

Who wouldn't love a heaping mound of ground beef, pork, or lamb, teeming with onions, peppers, garlic, herbs, and spices with melted cheese crusty and golden on top and oozing from the center? Or perhaps a mountain of turkey packed with delicious herbed bread stuffing, topped with a shimmering ruby red cranberry glaze?

A great meatloaf can be made from as few as four or five ingredients. The basic ingredients for most meatloaves are a pound or two of good ground meat; a binder such as bread crumbs, oatmeal, or bread cubes soaked in milk or cream; one or two eggs; some aromatic vegetables such as onions, celery, and carrots; and some herbs and spices.

From there, it's up to you. Let your imagination go wild. Mix in some vegetables or even some fruit, and top it off with a glistening glaze or hearty

gravy. If you're in a hurry, just mix in a prepackaged spice or herb mix or even a can of flavorful, creamy soup.

You can even make a delicious, easy meatloaf for breakfast or brunch with some ground ham or corned beef. Just add a glass of juice or milk and you'll start your day off with a meal that is both tasty and healthful.

In fact, you don't even need meat to make a wonderful loaf. An outstanding vegetarian or vegan loaf can be made with veggies, rice, tofu, or even fruit.

With a little thought and creativity, you could satisfy your hungry family and yourself with a different meatloaf every day for months!

Here are 100 different recipes for meatloaf to get you started. After that, use your imagination, and just sit back and wait for the praise and kudos from your thankful family to start rolling in!

Chapter 1

Old-Fashioned and Traditional

Grandma Betty's Sunday Supper Meatloaf

Grandma Betty insisted on using beef in her delicious Sunday meatloaf, but you can easily substitute ground pork or turkey for all or part of the meat.

- 2 pounds ground beef
- 1/4 cup crushed corn flakes
- 1 package onion soup mix
- 1/3 cup ketchup
- 1 egg
- 1 can tomato sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large mixing bowl, combine beef, corn flakes, soup mix, ketchup, egg, salt, and pepper, and mix until well blended. Form into a loaf and place in loaf pan.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Bubbe's Kosher Meatloaf

Check the eggs to make sure there are no blood spots; if there are, they are treif, not kosher.

- 2 pounds kosher hamburger
- 2 eggs, lightly beaten
- 1 cup crushed matzo
- 1/2 cup minced onion
- 1 clove garlic, crushed
- 3 tablespoons dried parsley flakes
- 2 tablespoons Worcestershire sauce
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup ketchup
- 1/2 cup firmly packed brown sugar
- 2 tablespoons honey
- 2 tablespoons red wine vinegar

Preheat oven to 350 degrees.

In a large mixing bowl, combine meat, eggs, matzo, onion, garlic, parsley, Worcestershire, paprika, salt, and pepper and mix until well blended. Form into a loaf and place in loaf pan or on baking sheet.

In a small bowl, mix ketchup, brown sugar, honey, and vinegar. Brush or spoon ketchup mixture over loaf.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Mom's Sherried Meatloaf

Delicious served over buttered noodles.

- 1 pound ground beef
- 1/2 cup diced onion
- 1 10-ounce can mushroom soup
- 1 package onion soup mix
- 1 egg, lightly beaten
- 3/4 cup dry sherry
- 1/2 cup milk
- 1/2 cup soft bread crumbs

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large mixing bowl, combine beef, onion, soup, soup mix, egg, sherry, and bread crumbs and mix until well blended. Form into a loaf and place in loaf pan.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Aunt Nancy's Meatloaf

So good that you'll never have leftovers. Easy to make, too! Don't overcook; it should be moist.

- 1 pound ground beef
- 4-6 saltine crackers
- 1 egg
- Salt and pepper to taste
- 1 tablespoon Worcestershire sauce
- 1/4 cup ketchup

Preheat oven to 350 degrees. Grease a loaf pan.

Crush saltines in a mixing bowl. Combine with egg, Worcestershire sauce, and ketchup. Add to ground beef. Add salt and pepper to taste. Mix all ingredients together with your hands. Shape into loaf and place in loaf pan.

Bake for one hour.

Chapter 2

International Meatloaves

Kippi (Arab Meatloaf)

Something for that Arabian Nights experience! Enjoy it with some pita bread plus a salad with cucumbers, tomatoes, olives, and yogurt.

- 1 cup bulgur wheat
- 1 cup water
- 1 1/2 pounds very lean beef or lamb
- 1 chopped onion (red or green onions make a big splash of color)
- 1-2 diced bell peppers (varied colors are fun as a contrast)
- 1/2 cup chopped green olives (stuffed with pimentos; chop those, too)
- 1/4 cup minced parsley
- 1 teaspoon coriander
- Salt and pepper to taste
- 1/2 cup yogurt
- 3 hard-boiled eggs, chopped

Soak bulgur wheat in water for 20 minutes. Drain.

Preheat oven to 350 degrees.

Mix bulgur wheat, ground meat, onions, peppers, olives, seasonings, and yogurt. Press half into the bottom of a 9" x 9" baking pan. Sprinkle chopped hard-boiled eggs over the mixture. Press remainder of meat mixture in baking pan.

Bake at 350 degrees for 35 to 45 minutes or until meat is done.

Czech Style Spiced Beef Loaf

Old World flavor with a modern twist. The leftovers make a great sandwich served on pumpernickel or rye bread with a little spicy brown mustard. Wash it all down with an ice-cold Pilsner.

- 1 cup finely chopped onion
- 2 cloves of garlic, minced
- 1 tablespoon butter
- 1 cup rye bread cubes
- 1/2 cup milk
- 2 pounds ground beef
- 1 pound ground pork
- 3 eggs, well-beaten
- 1/2 teaspoon allspice
- 1/2 teaspoon ginger
- 1/2 teaspoon marjoram
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 bay leaf
- 4 slices bacon
- 2 cups sour cream
- 1/2 cup water or tomato juice

Preheat oven to 350 degrees. Spray a loafpan with non-stick spray.

In a medium skillet, sauté onion and garlic in butter until onion is soft.

In a small bowl, soak rye bread in milk until liquid is completely absorbed. In a large mixing bowl, combine onion mixture, bread mixture, beef, pork, eggs, allspice, ginger, marjoram, salt, and pepper. Mix until well blended.

Form into a loaf and place in loafpan. Place bay leaf and bacon on top.

Bake for 60 minutes or until internal temperature reaches 165 degrees.

Remove from oven and strain juices into medium bowl. Skim off fat. Add sour cream and water or tomato juice to juices. Mix well. Pour over meatloaf. Serve.

Italian-Style Ham-and-Cheese-Stuffed Meatloaf

Kids will love this meatloaf because it tastes like pizza and has a “surprise” in the middle! The cheese and ham contain enough salt so that no more is needed.

- 1 pound ground beef
- 1 pound ground pork
- 2 eggs
- 1 cup grated Romano or Parmesan cheese
- 1 cup Italian bread crumbs
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon tarragon
- 1 tablespoon black pepper
- 2 tablespoons chopped parsley
- 2 cloves garlic, minced
- 1 large onion, diced
- 1/4 cup Worcestershire sauce
- 1/4 cup tomato sauce
- 1/2 cup milk
- 4 slices sharp cheddar cheese
- 4 slices cooked ham
- 4 slices bacon

Preheat oven to 350 degrees. Spray loaf pan with a nonstick spray.

In a large mixing bowl, combine ground meat, eggs, bread crumbs, Romano/Parmesan cheese, herbs, garlic, onion, and Worcestershire. Mix well, gradually adding the liquids. Form into a loaf. Split loaf lengthwise into top and bottom halves. Place bottom layer of meat in pan. Add a layer of cheddar, then ham slices. Place top of loaf on top and seal edges. Place bacon strips on top.

Bake for 35 to 45 minutes or until inner temperature reaches 165

degrees. Tent with foil and allow to rest 15 minutes before slicing and serving.

Layered Lasagna Meatloaf

Just as tasty as lasagna, but a lot less work.

- 2 pounds ground beef
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 2 eggs, lightly beaten
- 1 cup seasoned Italian bread crumbs
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon tarragon
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups prepared Italian spaghetti sauce
- 1 cup cottage cheese or ricotta
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan or Romano cheese
- 9 lasagna noodles

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

Boil lasagna noodles until they are just barely soft. Do not overcook—cooking will be completed in the oven.

Combine beef, onion, garlic, eggs, bread crumbs, spices, and herbs in a large mixing bowl. Mix until well blended.

Place 3 of the cooked noodles on the bottom of the loaf pan. Press 1/3 of the meat mixture over the noodles. Spoon 1/3 of the spaghetti sauce of the meat mixture. Spread with 1/3 of each of the cottage cheese, mozzarella, and Parmesan or Romano.

Repeat layers two more times. Seal edges well so that noodles are completely covered and will not harden as the meatloaf cooks.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

Florentine Meatloaf

This is just as appealing to the eye and nose as it is to the mouth! You may want to make spaghetti noodles—and make sure you have extra marinara sauce to go with this. A Caesar salad would be the perfect finishing touch.

- 1 cup diced red onion
- 2 minced garlic cloves
- 1 pound lean ground beef
- 1/2 pound Italian sausage
- 1 cup cottage cheese
- 1/2 cup tomato juice (or, in a pinch, 1/4 tomato sauce diluted with 1/4 cup water)
- 2 eggs, lightly beaten
- 1/2 cup crushed Italian croutons
- 1 cup shredded mozzarella cheese
- 2 tablespoons fresh minced basil
- 2 tablespoons fresh minced parsley
- 1/2 teaspoon salt
- 1/4 cup Parmesan cheese
- 1 cup chopped rinsed and dried spinach
- 1 cup marinara sauce

Preheat oven to 350 degrees. Lightly oil a loaf pan.

Sauté onions for 5 to 7 minutes. Add garlic and continue to cook until onions are starting to brown. Set aside to cool.

In a large mixing bowl, place the meats, cottage cheese, tomato juice, eggs, cheese, and spices. Mix well. Add onion mixture and mix in thoroughly.

Place half of the mixture in the bottom of the loaf pan.

Mix the spinach and Parmesan cheese. Spread the spinach-Parmesan mixture on top of the half-loaf.

Place remaining meat mixture on top of that. Cover it with marinara

sauce.

Bake covered for 50 minutes.

Uncover loaf pan. Cook for 10 to 15 more minutes or until internal temperature reaches 160 degrees.

Greek-Style Meatloaf with Olives, Feta, and Red Wine

What to do with that last cup of wine? Try out this recipe. Don't you just love a recipe full of yummy things like feta, Greek olives, and sun-dried tomatoes?

- 1 chopped purple onion
- 4 minced cloves garlic
- 3/4 cup red wine (more is fine, but it takes a bit longer to reduce)
- 2 pounds ground lamb (or turkey)
- 1 cup cooked brown rice
- 2 large eggs
- 1/2 cup feta cheese
- 1/4 cup chopped sun-dried tomatoes
- 1/2 cup diced kalamata olives
- 3 tablespoons fresh ground rosemary
- 2 teaspoons balsamic vinegar
- 2 teaspoons salt
- 1/2 teaspoons ground black pepper
- 2-3 tablespoons warmed honey

Preheat the oven to 375 degrees. Lightly grease a 9" x 13" baking pan.

Sauté the onion and garlic in a little oil until softened and just beginning to brown, about 6 to 8 minutes.

Add the wine. Simmer briskly until almost dry, 4 to 5 minutes.

Transfer mixture to a large bowl. Let cool until it is just warm, not hot.

Add the meat, rice, eggs, feta cheese, tomatoes, olives, rosemary, balsamic vinegar, salt, and pepper to the bowl. Mix lightly.

Shape mixture into one 10" by 4" rectangle. Another choice is to shape mixture into two smaller rectangles and eat one meatloaf immediately and freeze the other for another time.

Spoon the honey over the meatloaf to glaze it.

Bake for 40 to 55 minutes or until the internal temperature is 160 degrees.

Remove from oven. Let meatloaf rest for 10 minutes. Transfer to a cutting board or place on serving platter and serve.

Meatloaf Moussaka

Don't skip the step of salting the eggplant or it will be too bitter. Serve with Kalamata olives. Opa!

- 1 cup cubed French bread
- 1/2 cup milk
- 2 eggs
- 1 eggplant
- 2 tablespoons extra virgin olive oil
- 1 tablespoon plus 1 teaspoon salt
- 1 pound ground lamb
- 1 pound ground pork
- 1/2 cup diced onion
- 1/4 cup diced green bell pepper
- 1 clove garlic
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon tarragon
- 1/2 teaspoon ground black pepper
- 1 16-ounce cans tomato sauce, divided use
- 1/2 cup crumbled feta cheese
- 1/4 cup Parmesan cheese

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Slice eggplant crosswise into rounds. Sprinkle with the 3 tablespoons salt and place on paper towels to drain for 30 minutes. While the eggplant is draining, soak the bread cubes in milk until milk is completely absorbed. Lightly beat eggs. When eggplant is drained, dice into 1" cubes.

Add olive oil to a large skillet and heat until shimmering but not smoking. Add the eggplant and sauté over medium heat just until soft.

In a large mixing bowl, combine the eggs, beef, pork, bread cubes, onion,

bell pepper, garlic, herbs, pepper, half the tomato sauce, the sautéed eggplant and the remaining salt. Mix until well blended. Press the meat mixture into the loafpan. Combine the feta and Parmesan. Sprinkle half of the cheese mixture over. Spread the remaining meat mixture over and seal edges well. Pour the remaining tomato sauce over the top.

Bake for 50 minutes. Top with the remaining cheese mixture and return to oven for 10 more minutes or until the cheese is melted evenly.



Mexican Meatloaf

For a real South of the Border taste—this is it! Spicy, hot, and all things we think of as Mexican!

- 2 cups mild salsa, divided in half
- 1/2 pound ground beef
- 1/2 pound ground chorizo
- 1-2 tablespoons chili powder
- 1 teaspoon cocoa powder
- 1 cup chopped onion
- 1 cup black beans
- 1 cup tortilla chips

- 4 lightly beaten eggs, divided in half
- 1 cup cheese
- 1 cup corn meal
- 2 teaspoon baking powder
- 1 teaspoon salt
- 2 lightly beaten eggs
- 1 can of chopped green chilies
- 1 cup milk
- 3 teaspoon butter

Preheat oven to 350 degrees. Lightly oil a 9" x 9" pan.

In a large mixing bowl, mix 1 cup of salsa with ground beef, ground chorizo, chili powder, cocoa powder, onion, black beans, tortilla chips, and two of the beaten eggs.

Press into pan, leaving at least 1" space at the top. Spread cheese over the top.

In another mixing bowl, combine corn meal, baking powder, salt, the other two beaten eggs, chilies, milk, and butter. Do not over-mix.

Pour cornbread over meat. If you think there is too much, use two pans of any appropriate size and shape.

Bake for 45 to 55 minutes or until cornbread is golden and internal temperature is 160 degrees. If the cornbread is cooked before the meatloaf, tent some tinfoil over it so that it doesn't get too dark.

After removing from oven, let finished meatloaf rest for 5 to 10 minutes before serving.

Indian Curried Meatloaf

Tired of the same old, same old? Need a new twist on that old favorite? This should do the trick! Serve with some nan, chutney, thick yogurt and a raita!

- 2 diced onions
- 1 1/2 cups peeled, cored, and diced Granny Smith apples
- 3 tablespoons butter or olive oil
- 1/3 cup raisins (golden, if possible)
- 1/4 cup slivered blanched almonds
- 2 tablespoons curry powder
- 1 teaspoon sugar
- 3 eggs, lightly beaten, divided (1 egg and 2 eggs)
- 1 cup cooked basmati rice
- 2 pounds ground lamb or beef
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup of milk
- 1/2 teaspoon salt

Preheat oven to 350 degrees.

Sauté onions and apple in butter over moderately low heat, stirring occasionally, until onions and apple are softened—10 to 15 minutes.

Add raisins, almonds, curry powder, and sugar. Cook, stirring, for 1 minute. Remove from heat.

In a large mixing bowl, combine the cooked ingredients with 1 lightly beaten egg, rice, ground meat, lemon juice, salt, and pepper. Blend until just combined; do not over mix.

Spread meat mixture evenly in 9" by 9" baking dish.

Bake for 30 minutes.

While meatloaf bakes, beat remaining 2 eggs with milk and salt.

Remove meatloaf from oven. Pour off excess fat.

Pour egg mixture over meatloaf. Return to oven.

Bake until egg is just set: 12 to 15 minutes.

Swedish Meatloaf

You can substitute turkey, pork, veal, or lamb for part of the beef. If you use turkey, increase milk to 3/4 cup.

- 3/4 cup bread cubes
- 2 1/2 cups milk, divided into 1/2 cup and 2 cups
- 2 pounds ground beef
- 1/4 cup chopped fresh parsley plus a little more for garnish
- 2 eggs, slightly beaten
- 1/2 cup finely chopped onion
- 1/4 teaspoon nutmeg, divided in half
- 1 teaspoon salt
- 1 teaspoon ground black pepper, divided in half
- 1 tablespoon butter
- 2 tablespoons flour
- 2 teaspoons beef bouillon powder or granules

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a small bowl, combine the bread cubes with 1/2 cup of the milk until milk is completely absorbed.

In a large mixing bowl, combine the bread mixture, ground meat, parsley, eggs, onion, 1/8 teaspoon of the nutmeg, salt, and 1/2 teaspoon of the pepper. Mix well and form into a loaf. Place in loaf pan.

Bake for 60 minutes or until loaf reaches an internal temperature of 165 degrees.

When loaf is done, turn oven off and remove loaf from loaf pan, reserving 2 tablespoons of the drippings. Place loaf on a cookie sheet or another oven-proof pan and return to oven to keep warm.

In a medium saucepan over low heat, melt butter. Add the 2 tablespoons of drippings. Whisk in flour, bouillon, and the remaining nutmeg and pepper. Gradually whisk in the remaining milk.

Remove loaf from oven. Spoon sauce over the top. Garnish with chopped

parsley and serve over hot cooked wide egg noodles.

Asian Meatloaf

Everywhere you go, you can find meatloaf. It will reflect the local culture, but it's still recognizably meatloaf. You might choose some wonton soup to accompany this on a cold day.

- 1 1/2 pounds ground pork, chicken, or turkey (or a mix)
- 1 1/4 cup crumbled rice crackers
- 1 bunch of green onions, chopped (reserve some for garnish)
- 1 red pepper, julienned in 1" lengths (reserve some for garnish)
- 1/4 cup hoisin sauce
- 1 cup zucchini or yellow squash, julienned in 1" lengths
- One can chopped water chestnuts or bamboo sprouts
- 1 tablespoon soy sauce
- 1 tablespoon fresh grated ginger
- 3 cloves minced garlic
- 1 large egg

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

Combine all ingredients in a large bowl. Mix thoroughly.

Press meat into pan.

Bake for 45 to 50 minutes.

Remove from oven and let stand 5 minutes. Garnish with greens and peppers. Serve.

Pepper Pot Meatloaf

A meaty variation on traditional pepper pot soup. Great served with steamed rice.

- 1 pound ground round
- 1 pound ground pork
- 1 cup panko bread crumbs
- 2 eggs, lightly beaten
- 1/2 cup sliced green onion
- 1 cup finely chopped brown onion
- 1 cup sliced mushrooms
- 1 cup diced carrots
- 1/2 cup diced celery
- 1 large clove garlic, minced
- 1/4 teaspoon grated fresh or powdered ginger
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 2 teaspoons brown sugar, divided in half
- 1/2 cup soy sauce, divided in half

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

In a large mixing bowl, combine meat, bread crumbs, eggs, vegetables, herbs, spices, 1 teaspoon of the sugar, and 1/4 cup of the soy sauce. Mix well. Form into a loaf and place in loaf pan.

Bake for 45 minutes.

While meatloaf is cooking, mix remaining sugar and soy sauce. Remove meatloaf from oven. Pour mixture over meatloaf.

Return meatloaf to oven for 10 more minutes or until loaf reaches an internal temperature of 165 degrees.

Moroccan Meatloaf with Goat Cheese and Couscous

This meatloaf is delicious served with a cooling yogurt and dill sauce. Garam masala is a spice that is usually found in Indian or gourmet markets.

- 1 cup bread cubes
- 1/2 cup milk
- 2 eggs
- 1 pound ground lamb
- 1 pound ground beef
- 1/4 cup chopped onion
- 1 small jalapeno pepper, seeded and minced
- 1/4 cup chopped bell pepper, any color
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon garam masala
- 2 teaspoons curry powder
- 1/2 teaspoon minced fresh ginger or 1 teaspoon powdered ginger
- 1 cup goat cheese
- 2 cups cooked couscous
- 1/4 cup apricot jam
- 1/4 cup plum sauce

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Combine bread and milk and let stand until milk is completely absorbed. Lightly beat eggs. In large mixing bowl, combine bread mixture, eggs, meat, vegetables, herbs, and spices and mix until well blended.

Press half the mixture into the greased loaf pan. Spread the goat cheese over the meat mixture. Press the other half of the meat mixture on top.

Bake for 50 minutes or until the internal temperature reaches 165

degrees.

About 20 minutes before the meatloaf is done, combine the jam and plum sauce in a small saucepan and cook until heated through, about 10 minutes. Pour the jam mixture over the meatloaf and return to oven for 10 more minutes. Serve meatloaf over couscous.

Thai Meatloaf Over Noodles

This meatloaf can be made with a combination of beef and pork or all beef.

- 2 eggs
- 1 pound ground beef
- 1 pound ground pork
- 1 1/2 cups bread crumbs
- 1 jalapeno pepper, finely chopped
- 1/4 cup chopped bell peppers
- 1/2 cup sliced green onions
- 1/2 cup chopped carrots
- 2 cloves garlic, minced
- 1 tablespoon powdered beef bouillon
- 1/4 cup steak sauce
- 2 tablespoons chopped cilantro (optional)
- 1/4 cup chopped peanuts
- 1 pound Thai noodles, cooked and drained

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Lightly beat eggs. In a large mixing bowl, combine the eggs, beef, pork, bread crumbs, jalapeno, bell pepper, onions, carrots, garlic, bouillon, steak sauce, and cilantro, if used. Mix until well blended and form into a loaf.

Place in loaf pan and bake for 50 minutes or until the internal temperature reaches 165 degrees.

Garnish with chopped peanuts and serve over cooked noodles.

Indonesian-Style Turkey Loaf with Satay Sauce

This is also great as an hors d'oeuvre when formed into meatballs and served on skewers with the satay sauce on the side as a dipping sauce. You can easily adjust this recipe to your spiciness tolerance by increasing or decreasing the amount of red pepper flakes.

- 2 pounds ground turkey
- 1 1/2 cups bread crumbs
- 1/4 cup chopped onion
- 1/4 cup chopped bell pepper, any color
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon soy sauce
- 2 eggs

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Lightly beat eggs. In a large mixing bowl, combine all ingredients and mix until well blended. Form into a loaf and place in loaf pan.

Bake for 50 minutes or until the internal temperature reaches 165 degrees. Serve with Satay Peanut Sauce (below).

Satay Peanut Sauce

- 1 10-ounce can coconut milk
- 1 14-ounce can chicken broth
- 1/4 cup lime juice
- 1 cup chunky peanut butter
- 2 green onions, sliced
- 2 tablespoons minced fresh ginger or 2 teaspoons powdered ginger
- 1 teaspoon crushed red pepper flakes
- 2 tablespoons soy sauce plus one teaspoon
- 3 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon cold water

In a large saucepan, combine coconut milk, broth, lime juice, peanut butter, onions, ginger, red pepper, soy sauce, and brown sugar and whisk until completely combined. Cook over medium heat until heated through, about 5 minutes. Reduce heat.

Whisk water into cornstarch until completely blended. Whisk cornstarch mixture into sauce and stir constantly until thickened.

Serve over sliced turkey loaf.

Meatloaf Stroganoff

If you like your mushrooms a little more thoroughly cooked, add them at the beginning of the gravy-making process.

- 2 pounds ground beef
- 1 1/2 cups bread crumbs
- 1 8-ounce package sour cream and onion dip, divided in half
- 1/4 cup chopped onion
- 1/2 pound mushrooms, chopped, plus a few slices for garnish
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 eggs
- 1 can cream of mushroom soup
- 1 tablespoon tomato paste
- 3 tablespoons dry white wine

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Lightly beat eggs. In a large mixing bowl, combine the eggs, beef, bread crumbs, half of the onion dip mix, onion, mushrooms, garlic powder, salt, and pepper. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 1 hour or until the internal temperature reaches 165 degrees.

About 10 minutes before the meatloaf is finished, prepare the gravy. In a saucepan, combine the other half of the onion dip, soup, tomato paste, and wine. Cook over medium heat, stirring constantly, about 5 minutes.

Add reserved mushroom slices and cook until heated throughout. Spoon over sliced meatloaf.

Chapter 3

Meatloaves with Sauces

Juicy, Spicy Meatloaf

For an extra zing, use a spicy cocktail juice instead of plain tomato juice.

- 1 1/2 pounds ground beef
- 1 cup fresh breadcrumbs
- 1/2 cup tomato juice
- 1/4 cup ketchup
- 1/3 cup diced onion
- 1/4 cup diced celery
- 2 eggs, lightly beaten
- 1 teaspoon garlic powder
- 2 teaspoons prepared yellow mustard
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup tomato juice
- 1/4 cup ketchup
- 1 teaspoon Worcestershire sauce
- 1 tablespoon dark brown sugar
- 1 teaspoon prepared yellow mustard

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

Combine all loaf ingredients in a large mixing bowl. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 50 minutes.

Meanwhile, in a medium saucepan, whisk together all other ingredients and cook until the sugar is melted. Brush loaf with sauce and return to oven for 10 more minutes or until loaf reaches an internal temperature of 165 degrees.

Turkey Meatloaf with Veggies and Balsamic Vinegar

This turkey loaf is loaded with healthy veggies and topped with a tangy balsamic glaze.

- 2 tablespoons extra virgin olive oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 2 bell peppers, any color, diced
- 1/2 cup diced zucchini
- 1 1/4 teaspoons crushed red pepper flakes, divided: 1 teaspoon and 1/4 teaspoon
- 1 teaspoon dried thyme or 1 tablespoon chopped fresh thyme
- 1 teaspoon dried basil or 1 tablespoon chopped fresh basil
- 2 pounds ground turkey
- 2 tablespoons chopped fresh parsley
- 2 eggs, lightly beaten
- 1 cup soft bread crumbs
- 1 teaspoon Worcestershire
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup grated Parmesan or Romano cheese
- 1/2 cup balsamic vinegar, divided in half
- 1/2 cup ketchup, divided in half

Preheat oven to 350 degrees. Spray a loafpan with non-stick cooking spray.

Heat olive oil in a large skillet over medium heat. Add onions, garlic, peppers, zucchini, 1 teaspoon of the red pepper flakes, thyme, and basil. Sauté until onion is soft.

In a large mixing bowl, combine sautéed vegetables with turkey, parsley, eggs, bread crumbs, Worcestershire, salt, pepper, cheese, a 1/4 cup of

***the vinegar and a 1/4 cup of the ketchup and mix until well blended.
Form into a loaf and place in loaf pan.***

In a small bowl, whisk together remaining vinegar, ketchup, and red pepper flakes. Pour sauce over loaf.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Broccoli Meatloaf with Sour Cream Sauce

A delicious and easy alternative to tomato-based meatloaf sauces.

- 2 pounds ground beef
- 2 eggs, lightly beaten
- 1 8-ounce container sour cream, divided in half
- 1 package onion soup mix, divided in half
- 1 cup dry bread crumbs
- 1/2 cup diced celery
- 1 teaspoon dill
- 1/2 teaspoon nutmeg
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 10-ounce can any variety cream soup, undiluted
- 1/4 cup milk

Preheat oven to 350 degrees. Spray a loaf pan with non-stick cooking spray.

In a large mixing bowl, combine meat, eggs, bread crumbs, half of the sour cream, half of the soup mix, bread crumbs, celery, dill, nutmeg, garlic powder, salt, and pepper. Mix until well blended. Form into loaf and place in pan.

Whisk together the remaining sour cream, remaining soup mix, canned soup, and milk. Spoon or pour over loaf and bake for 1 hour or until internal temperature reaches 165 degrees.

Bigger Than Texas Meat Loaf with Creamy Onion Gravy

Texans are known for bragging, and in this case, they have a real winner to brag about! A spinach salad would be good with this.

- 1 tablespoon olive oil
- 1 diced onion
- 2 shredded carrots
- 2 minced celery stalks
- 3 minced garlic cloves
- 1 1/2 cups whole wheat bread crumbs
- 4 eggs
- 2 tablespoons Dijon mustard
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 1 tablespoons salt
- 1 teaspoon black pepper
- 3 pounds ground chuck
- 1 pound ground pork
- 1/2 pound 1/2-inch cubes of Monterey jack cheese

Preheat the oven to 400 degrees. Lightly grease a baking sheet with sides.

Sauté the onions, carrots, celery and garlic and cook until softened for 8 to 10 minutes. Place in a very large bowl and let cool.

Add the crumbs, eggs, mustard, ketchup, Worcestershire sauce, salt and pepper. Work in the ground meats and cheese with your hands until well mixed. Shape mixture into 2 loaves, about 10 inches long. Place on baking sheet.

Bake in the lower part of the oven for 60 to 70 minutes, until lightly browned and inner temperature is 150 degrees. Let rest for 15 minutes, then cut into thick slices. Serve with Creamy Onion Gravy, below. The

loaves can be baked and refrigerated for up to 4 days. Reheating idea: cut into thick slices to brown for serving.

Creamy Onion Gravy

- 3 tablespoons butter
- 2 tablespoons olive oil
- 1 minced garlic clove
- 6 cups white onions, sliced very thin
- 2 thinly sliced celery stalks
- 1/3 cup flour
- 2 cans or 4 cups chicken stock or broth
- 1 cup heavy cream
- Salt and freshly ground black pepper to taste

Melt the butter with olive oil in a saucepan. Add the onions, celery and garlic, stir to coat and cook over medium heat until the onions are very soft but not browned, 10 to 12 minutes. Stir in the flour and cook for 2 to 3 minutes. Add the chicken stock a little at a time, whisking until the gravy is thickened, 8 to 10 minutes. Pour in the cream and simmer gravy over moderate heat for about 5 to 7 minutes.

Remove from the stove and pour into blender. Be careful not to close top tightly, as the mixture is hot and will need to let out steam. Pulse and blend until smooth. Season with salt and black pepper to taste.

Replace the gravy in the pan and simmer until it is reduced to 5 cups, about 5 to 7 minutes. This gravy can be made ahead of time and refrigerated for up to 4 days.

Veal Loaf with Mushrooms and Mushroom Cream Sauce

Serve this loaf at a spring luncheon or brunch with tender asparagus and some buttered egg noodles.

- 2 pounds ground veal
- 1 pound ground pork
- 1/2 cup grated onion
- 1/4 cup finely chopped green pepper
- 1/4 cup diced celery
- 2 eggs, lightly beaten
- 1 cup sliced mushrooms, divided in half
- 4 whole mushrooms
- 1/2 cup crushed saltines
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup heavy cream, divided in half
- 4 slices bacon
- 1 bay leaf
- 2 tablespoons butter
- 1 tablespoon all-purpose flour

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large mixing bowl, combine meat, onion, green pepper, eggs, half of the sliced mushrooms, saltines, salt, pepper, and half of the cream. Mix until well blended. Press half of the mixture into loaf pan. Press whole mushrooms into meat mixture. Cover with remaining meat mixture and make sure that the edges are tightly sealed. Place bay leaf and bacon on top.

Bake for 1 hour or until internal temperature reaches 165.

Meanwhile, sauté remaining mushroom slices in 1 tablespoon of the butter and set aside. Remove meatloaf from oven and strain juices into

medium bowl. Skim off fat and whisk in remaining cream. Melt remaining butter in medium saucepan over medium heat. Stir in flour. Whisk in cream mixture, reduce heat, and cook, stirring constantly, until thickened. Stir in sautéed mushrooms.

Spoon mushroom cream sauce over slices of veal loaf and serve.

Mushroom Gravy Meatloaf

Mushroom lovers, this one is for you! This meatloaf is bursting with the flavor of mushrooms. You might want it with some lima beans and a nice risotto .

- 2 pounds lean ground beef
- 3/4 pound chopped fresh mushrooms, any variety (slice and reserve enough mushrooms to garnish the top)
- 3/4 cup bread crumbs
- 1 cup chopped green or red onions (reserve 2 tablespoons onions for garnish)
- 2 eggs, beaten
- 1/2 teaspoon rosemary, crushed
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 can of brown gravy or 2 cups homemade, divided in half

Preheat oven to 350 degrees.

In a large mixing bowl, combine ground meat, mushrooms, bread crumbs, onion, eggs, salt, and pepper. Mix well.

Spread half the mixture in an 8" by 8" pan. Spread half the gravy over the meat mixture. Cover with the other half of the meat mixture. Top with the rest of the gravy and mushrooms. Sprinkle with the onions.

Bake for 1 hour and 45 minutes or until done.

Green Tomatillo Sauce Meatloaf

For a different South of the Border taste, try tomatillos! Top with a little dollop of sour cream and serve with black beans and a green salad. They'll ask for more!

- 2 lbs. ground lean pork
- 1 egg
- 1 cup crushed tortilla chips
- 3 minced garlic cloves
- 1 chopped onion
- 1 cup chopped green, red, orange or mix pepper
- 1 or more jalapenos to your level of heat
- 1 cup tomatillo sauce, divided in half

Preheat oven to 350 degrees.

In mixing bowl, combine pork, egg, chips, garlic, onion, jalapeno pepper, and half of the salsa. Mix well. Press into 8" by 8" pan. Cook for 45 minutes.

Remove from oven and cover with remaining 1/2 cup of tomatillo sauce. Cook 25 to 30 minutes or until done.

Chapter 4

Glazed Meatloaves

Meatloaf with Honey Mustard Glaze

Honey, brown sugar, and dry mustard make a spicy-sweet glaze.

- 2 pounds ground beef
- 3/4 cup bread cubes
- 1/2 cup milk
- 2 eggs, slightly beaten
- 1/2 teaspoon ground black pepper
- 1/2 teaspoons prepared brown mustard

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a small bowl, combine bread and milk and allow to soak until milk is completely absorbed. In a large bowl, combine beef, bread mixture, eggs, pepper, and 1/2 teaspoon of the mustard. Add the bread and milk mixture. Mix well. Form into loaf and place in loaf pan.

Bake for 50 minutes. Remove from oven and brush with Honey Mustard Glaze (below).

Return to oven for 10 minutes.

Honey Mustard Glaze

- 1 teaspoon prepared brown mustard
- 2 tablespoons butter
- 1/4 cup honey
- 2 tablespoons brown sugar

While the meatloaf is cooking, combine butter, honey, brown sugar, and remaining mustard in a non-stick saucepan. Cook over low heat for 5 to 10 minutes or until sugar is completely dissolved.

After meatloaf has cooked for 50 minutes, baste loaf with half the honey-mustard mixture and return it to oven for 10 minutes.

Remove from oven and baste with remaining mixture. Serve warm.

Meatloaf with Honey Dijon Glaze

For a spicy loaf, use spicy brown mustard. To add texture, use a stone-ground mustard.

- 2 tablespoons extra virgin olive oil
- 1/2 cup finely chopped onion
- 1 clove garlic, minced
- 2/3 cup crushed saltines
- 1/4 cup milk
- 1 pound ground pork
- 1 pound ground beef
- 2 eggs, lightly beaten
- 2 teaspoons Worcestershire sauce
- 1 tablespoon Dijon or spicy brown mustard
- 1 tablespoon honey
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large skillet, heat oil over medium heat. Sauté onion until soft. Add garlic and sauté for 30 more seconds. Remove from heat.

In a medium bowl, soak saltines in milk until liquid is completely absorbed. In a large mixing bowl, combine onion mixture, saltines, beef, pork, eggs, Worcestershire, mustard, honey, thyme, rosemary, salt, and pepper and mix until well blended.

Form into a loaf and place in loaf pan. Brush most of Honey Dijon Glaze (below) over meatloaf.

Bake for 1 hour or until internal temperature is 165 degrees.

Remove from oven and brush remaining Honey Dijon Glaze over meatloaf. Let sit for 5 minutes before serving.

Honey Dijon Glaze

- 1/4 cup firmly packed brown sugar
- 1/2 cup honey
- 1/4 cup apple cider vinegar
- 1 teaspoon prepared hot sauce
- 1 tablespoon Dijon or spicy brown mustard

In a medium saucepan over medium heat, whisk all ingredients together until sugar is completely dissolved. Reserve 1/4 cup of the glaze mixture. Simmer remaining glaze, uncovered, about 5 more minutes or until thickened. Brush over loaf and bake.

Meatloaf with Maple Syrup

When you need some real comfort food, try maple syrup for a change. Add a side of baked beans and cole slaw and you're good to go!

- 3 minced garlic cloves
- 1 chopped onion
- 1 chopped sweet pepper (any color)
- 1 1/2 pounds ground beef
- 1 cup Ritz cracker crumbs
- 2 lightly beaten eggs
- 1/2 teaspoon maple syrup extract
- 1/2 cup ketchup
- 4-6 slices bacon

Preheat oven to 350 degrees.

Sauté onion, peppers, and garlic until soft. Place mixture in a mixing bowl with meat, eggs, maple syrup extract, and 1/2 cup ketchup. Mix completely.

Press into a 9 by 9 inch pan. Lay bacon on top. Cut to fit and make a nice pattern.

Bake for 45 minutes. Remove from oven. Pour Maple Syrup Glaze (below) over meatloaf. Return to oven.

Cook until done, about 15 minutes more or until internal temperature is 160 degrees. Remove from oven. Let stand 5 to 10 minutes before serving.

Maple Syrup Glaze

- 1/2 cup maple syrup
- 1/2 cup ketchup
- 1 tablespoon mustard (brown, regular, whatever you like)
- 1/2 teaspoon lime
- 1 teaspoon chopped parsley

Mix ingredients well. Pour over meatloaf after it has cooked for 45 minutes.

Meatloaf with Plum Sauce

A fruity twist on a traditional dish. Plum sauce is available in the Asian food section of most supermarkets.

- 1 cup finely chopped sweet Vidalia onion
- 2 cloves garlic, minced
- 1 tablespoon extra virgin olive oil
- 1 pound ground chuck
- 1/2 pound ground pork
- 1 teaspoon thyme
- 2 eggs, lightly beaten
- 1/2 cup rolled oats (not quick-cooking)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons prepared plum sauce
- 1/3 cup ketchup

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

In a medium skillet, sauté onion and garlic in olive oil over medium heat until the onion is translucent.

In a large mixing bowl, combine onion mixture with meat, eggs, oats, ketchup, plum sauce, thyme, salt, and pepper. Mix well. Form into a loaf and place in loaf pan.

Brush or spoon Plum Sauce Glaze (below) over loaf.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

Plum Sauce Glaze

- 1/4 cup plum sauce
- 1/3 cup ketchup
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Mix all ingredients well with a whisk. Brush or spoon over loaf as described above.

Meatloaf with Special Barbecue Sauce

This recipe calls for oven roasting, but you can cook it outdoors on a covered barbecue grill.

- 2 pounds ground beef
- 1 cup bread cubes
- 1/2 cup milk
- 2 eggs, slightly beaten
- 1/4 cup diced celery
- 1/2 cup diced onion
- 1 clove garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a small bowl, combine bread cubes and milk and let sit until all the milk is absorbed. In a large mixing bowl, combine beef, eggs, celery, onions, garlic, Worcestershire, salt, and pepper. Add bread cube and milk mixture. Mix well. Form into loaf and place in loaf pan.

Bake for 50 minutes.

Spoon half of the Special Barbecue Sauce (below) over the meatloaf. Reserve the rest of the sauce. Return meatloaf to oven for 10 more minutes or until internal temperature reaches 165 degrees.

Remove from oven. Serve with remaining sauce.

Special Barbecue Sauce

- 1 tablespoon extra virgin olive oil
- 1/4 cup minced onion
- 2 cloves garlic, minced
- 3/4 cup apple juice
- 1/4 cup apple cider vinegar
- 3 tablespoons tomato paste
- 2 tablespoons brown sugar
- 2 tablespoons molasses
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon grated horseradish or 1 tablespoon prepared horseradish
- 1 1/2 teaspoons coriander seeds
- 1 teaspoon salt
- 1/2 teaspoon pepper

In a medium saucepan over medium heat, sauté onion in olive oil until tender.

Add garlic and sauté just until garlic is tender. Do not allow garlic to brown; browning will cause garlic to become bitter.

Add remaining ingredients and simmer, uncovered, over low heat for 30 minutes or until sauce is thickened. Spoon half the sauce over meatloaf and return loaf to oven, as mentioned above.

Chapter 5

Meatloaves with Fruit

Sweet and Sour Meatloaf

You can use any color of bell pepper or combine colors to make a really festive-looking loaf. Serve with either fluffy white or fried rice.

- 2 eggs
- 1 pound ground beef
- 1 pound ground pork
- 1 cup bread crumbs
- 1/2 cup diced onion
- 1/4 cup diced green bell pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 8-ounce can tomato sauce
- 2 tablespoons brown sugar
- 2 tablespoons white vinegar
- 1/2 cup pineapple juice
- 1 teaspoon dry mustard
- 1/2 cup pineapple chunks

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Lightly beat eggs. In a large mixing bowl, combine the eggs, beef, pork, bread crumbs, onion, bell pepper, garlic, salt, and pepper. Mix until well blended and form into a loaf.

Place in loaf pan and bake for 50 minutes. While it's baking, whisk together tomato sauce, sugar, vinegar, juice, and mustard in a small

saucepan and cook over medium heat until heated through. Pour over meatloaf and return to oven for 10 more minutes or until the internal temperature reaches 165 degrees. Garnish with pineapple chunks and serve with rice.

Waldorf Meatloaf with Craisins and Cranberry-Chili Sauce

A new high-fiber take on an old favorite salad.

- 2 pounds ground turkey
- 2 eggs, lightly beaten
- 1 cup oatmeal
- 1/2 cup diced Granny Smith apples
- 1/2 cup diced celery
- 1/2 cup coarsely chopped walnuts
- 1/2 cup Craisins (dried cranberries)
- 1/2 cup diced brown onion
- 1/3 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

In a large mixing bowl, combine turkey, eggs, oatmeal, apples, celery, walnuts, Craisins, onion, milk, salt, and pepper. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 45 minutes.

Remove from oven. Pour Cranberry-Chili Sauce (below) over loaf.

Return to oven for 15 minutes or until loaf reaches an internal temperature of 165 degrees.

Cranberry-Chili Sauce

- 16 oz. can cranberry sauce (with or without berries)
- 12 oz. jar chili sauce
- 1/4 c. brown sugar
- 1 1/2 teaspoons dry mustard

In a large saucepan, melt cranberry sauce over low heat. Add chili sauce, brown sugar, and mustard. Simmer, whisking periodically, until well blended. Pour over meatloaf as described above.

Meatloaf with Craisins and Cranberry-Chili Glaze

Cranberries aren't just for Thanksgiving any more. Not only are they packed with antioxidants, they have the added bonus of being delicious, too.

- 2 pounds ground turkey
- 2 eggs, lightly beaten
- 1 package seasoned stuffing mix
- 1/2 cup Craisins (dried cranberries)
- 1 clove garlic, minced
- 1/2 cup diced brown onion
- 1/2 teaspoon sage
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

In a large mixing bowl, combine turkey, eggs, stuffing mix, Craisins, garlic, onion, sage, salt, and pepper. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 50 minutes. Remove from oven. Spoon half of the Cranberry-Chili Glaze (below) over the loaf.

Return to oven and cook for 10 more minutes or until loaf reaches an internal temperature of 165 degrees.

Serve with remaining sauce.

Cranberry-Chili Glaze

- 1 8-ounce bag fresh cranberries
- 1 1/2 cups sugar
- 1 cup water
- 1 12-ounce jar prepared chili sauce

Put water, cranberries, and sugar in a saucepan. Bring to a boil. Cranberries will begin to “pop”.

Reduce heat to a simmer. Mixture will begin to thicken.

After all the cranberries have popped, add chili sauce and simmer about 5 more minutes.

Spoon half of the sauce over meatloaf, as mentioned above. Put other half in a serving dish and place dish on table.

Meatloaf with Figs

A high-fiber meatloaf with a sweet, fruity sauce.

- 2 pounds ground turkey
- 1 egg
- 1/2 cup chopped onion
- 2 teaspoons hot pepper sauce
- 1 tablespoon tomato paste
- 1/2 cup rolled oats
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1/4 cup chopped dried figs
- 1 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with non-stick cooking spray.

Add the meatloaf ingredients to a large mixing bowl, and mix until well blended. Form into a loaf and place in loaf pan.

Bake for 1 hour or until internal temperature reaches 165 degrees. Serve with Fig Sauce (below), spooned over meatloaf slices.

Fig Sauce

- 1 tablespoon extra virgin olive oil
- 1/2 cup minced onion
- 2 cups apple cider
- 1 cup chicken broth
- 1 bay leaf
- 1/4 teaspoon cinnamon
- 1 cup dried figs, coarsely chopped

In a medium saucepan over medium heat, heat oil. Add onions and sauté until soft.

Add remaining sauce ingredients and bring to a boil.

Lower heat and simmer until reduced by about half, about 30 minutes.

Pour into serving dish and place dish on table.

Turkey Meatloaf with Apricot Sauce

The apricots and chili powder give this meatloaf a nice balance of sweetness and spice.

- 2 slices soft white bread, cubed
- 1/4 cup cream
- 2 tablespoons extra virgin olive oil
- 1/2 cup diced onion
- 2 stalks celery, diced
- 1 medium carrot, diced
- 1 clove garlic, minced
- 1 tablespoon chili powder
- 2 pounds ground turkey
- 2 eggs, lightly beaten
- 1/2 cup finely chopped dried apricots
- 1/4 cup apricot preserves, divided into 1 tablespoon and 3 tablespoons
- 1 tablespoon Worcestershire sauce
- 2 tablespoons soy sauce, divided in half
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons cold water

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Soak bread cubes in cream until cream is completely absorbed.

In a large skillet, heat oil over medium-high heat. Add onion, celery, carrots, garlic, and chili powder. Sauté until onion is soft.

In a large mixing bowl, combine bread mixture, sautéed vegetables, turkey, eggs, chopped apricots, 1 tablespoon of the preserves, Worcestershire sauce, 1 tablespoon of the soy sauce, salt, and pepper. Mix until well blended and form into a loaf. Whisk together water, remaining soy sauce, and remaining preserves.

Brush mixture over meatloaf.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

Chapter 6

All-American Meatloaves

Southern Style Cinnamon-Apple Meatloaf

A perfect dish for a chilly autumn evening.

- 1 1/2 pounds ground beef
- 1 pound ground pork
- 1 egg, lightly beaten
- 1 cup dry bread crumbs
- 3/4 diced sweet onion
- 3/4 cup cinnamon applesauce
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 slices applewood smoked bacon

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

In a large mixing bowl, combine meat, egg, breadcrumbs, onions, applesauce, salt, and pepper and mix well. Form into a loaf and place in loaf pan. Pour half the Smoky Cinnamon-Apple Glaze (below) over the meatloaf. Arrange bacon slices on top.

Bake for 50 minutes.

Remove from oven. Pour remaining sauce over meatloaf. Bake for 10 more minutes or until loaf reaches an internal temperature of 165 degrees.

Smoky Cinnamon-Apple Glaze

- 2 tablespoons butter
- 3/4 cup apple cider
- 1/4 cup apple cider vinegar
- 1 teaspoon cinnamon
- 1 teaspoon liquid smoke
- 2 tablespoons molasses
- 1 tablespoon cornstarch
- 1 tablespoon cold water

In a medium saucepan over low heat, melt butter. Add cider, vinegar, cinnamon, liquid smoke, and molasses. Heat just until bubbles form around edges of saucepan.

Combine cornstarch and water and mix very well. Add cornstarch slurry to saucepan and stir often until thickened. Pour over meatloaf as directed above.

New Orleans Style Meatloaf

Andouille sausage is available at most delicatessens and meat markets. To tame this recipe a little, omit or reduce the amount of hot sauce or red pepper flakes. For a real Mardi Gras dinner, serve with some cooked okra and play some Dixieland jazz for dinner music!

- 2 eggs
- 1 pound ground beef
- 1/2 pound ground pork
- 1/2 pound andouille sausage, removed from casings
- 1 cup bread crumbs
- 1/4 cup chopped onion
- 1/2 cup chopped bell peppers
- 1 clove garlic, minced
- 1 tablespoon Louisiana hot pepper sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon Cajun spice mixture (or 1 teaspoon cayenne pepper, 1 teaspoon ground cumin, and 1 teaspoon ground nutmeg)
- 2 cups cooked rice
- 1 tablespoon tomato sauce
- 2 tablespoons tomato paste
- Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

In a large mixing bowl, lightly beat eggs.

Add ground beef, ground pork, loose sausage, bread crumbs, rice, vegetables, herbs, spices, and rice. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 50 minutes. Remove from stove. Combine tomato sauce and tomato paste and pour mixture over meatloaf.

Return to oven for 10 minutes or until the internal temperature reaches 165 degrees.

Serve over additional cooked rice.

Tex-Mex Meatloaf

This meatloaf can also be made into hamburger patties, perfect for a family cookout. If you like it spicier, just add more cayenne or chili powder and have lots of cold beverages on hand!

- 1 1/2 cups bread cubes
- 1/2 cup milk or cream
- 2 pounds ground chuck
- 2 eggs
- 1 tablespoon cayenne and 1 tablespoon cumin (or 2 tablespoons prepared chili powder)
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 large clove garlic, minced
- 1 medium onion, diced
- 1/2 cup corn kernels (fresh, frozen, or canned)
- 1/4 cup steak sauce
- 1/4 cup Worcestershire sauce
- 1 cup shredded sharp Longhorn cheese, plus 1/4 cup for garnish

Preheat oven to 350 degrees. Spray loaf pan with a nonstick spray.

In a small bowl, soak bread cubes in milk or cream until all liquid is absorbed. In a large mixing bowl, combine bread mixture, ground chuck, eggs, spices, garlic, onion, corn, steak sauce, Worcestershire sauce, and one cup of the shredded cheese. Mix well and form into a loaf. Place loaf in pan.

Bake for 40 minutes or until inner temperature reaches 165 degrees. Add remaining cheese and return to oven for 10 minutes or until cheese is melted.

Smoky Mountain Meatloaf

The liquid smoke gives this meatloaf a delicious flavor reminiscent of the Great Smoky Mountains in the great state of Tennessee.

- 1 pound ground beef
- 1/2 pound ground pork
- 1/2 cup soft bread crumbs
- 1 medium onion, diced
- 1 egg
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 12-ounce can tomato sauce, divided in half
- 1/2 cup water
- 3 tablespoons apple cider vinegar
- 3 tablespoons dark brown sugar
- 2 tablespoons mustard
- 2 tablespoons Worcestershire sauce
- 1 teaspoon steak sauce
- 1 teaspoon liquid smoke

Preheat oven to 350. Spray a loaf pan with cooking spray.

In a large mixing bowl, combine meat, bread crumbs, onion, egg, salt, pepper, and half of the tomato sauce. Form into a loaf and place in pan.

Combine the remaining ingredients, including the rest of the tomato sauce, and pour over loaf.

Bake for 75 minutes or until loaf reaches an internal temperature of 165 degrees.

Meatloaf Gumbo

An easy recipe from the Big Easy! Make it as spicy as you like by adding more cayenne.

- 1 pound ground beef
- 1/2 pound ground pork
- 2 eggs, lightly beaten
- 1/2 cup diced white onion
- 1/2 cup diced bell pepper
- 2 cloves garlic, minced
- 1 10-ounce can chicken gumbo soup, divided in half
- 1/4 cup tomato sauce
- 1 tablespoon tomato paste
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoons cayenne
- 1 teaspoon cumin
- 3 cups cooked rice, divided: 1 cup and 2 cups

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

In a large mixing bowl, combine ground meat, eggs, onion, bell pepper, garlic, half of the can of soup, tomato sauce, tomato paste, salt, pepper, cayenne, cumin, and 1 cup of the rice. Mix until well blended.

Form into a loaf. Place in loaf pan.

Bake for 50 minutes.

Remove from oven. Spoon sauce (below) over meatloaf. Return meatloaf to oven.

Cook for 10 more minutes or until loaf reaches an internal temperature of 165 degrees.

Serve over the remaining 2 cups of rice.

Meatloaf Gumbo Sauce

- Remaining chicken gumbo soup
- 1/4 cup tomato sauce
- 1 tablespoon tomato paste
- Dash Louisiana hot sauce
- 1 tablespoon ketchup
- 1 tablespoon prepared mustard

Combine ingredients in a medium saucepan and simmer about 10 minutes. Spoon sauce over meatloaf as mentioned above.

Florida Orange Turkey Meatloaf

It doesn't really matter whether your oranges really come from Florida, California, or somewhere else—wherever they're grown, they'll give a fresh, sunny taste to your meal.

- 2 pounds ground turkey
- 1/2 cup soft breadcrumbs
- 1/2 cup diced onion
- 1/4 cup orange juice
- 1 tablespoon orange zest
- 2 eggs
- 1/4 teaspoon ginger
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large mixing bowl, combine ground turkey, bread crumbs, onion, orange juice, orange zest, egg, ginger, salt, and pepper. Mix until well blended.

Form into a loaf. Place in loaf pan. Brush or spoon Florida Orange Glaze (below) over meatloaf.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Florida Orange Glaze

- 1/2 cup honey
- 1/4 cup brown sugar
- 3 tablespoons orange juice
- 1 tablespoon orange zest
- 1/4 teaspoon ginger

In a medium saucepan over medium heat, whisk all glaze ingredients together. Brush or spoon glaze over loaf. Cook as mentioned above.

Meatloaf Hawaiian Style

Aloha! This is a wonderful way to use leftover ham or pork, and it's sure to bring smiles to your family's faces! Some rice and a crisp salad will round it out nicely.

- 1 1/2 pounds ground ham or pork or a combination of the two
- 1 chopped sweet onion
- 2 chopped sweet peppers, any color
- 1 cup rice
- 2 lightly beaten eggs
- 1 can crushed pineapple, drained (reserve the juice)
- 1 small jar maraschino cherries drained (reserve the juice)
- 1/2 cup ketchup
- 1 tablespoon flour

Preheat oven to 350 degrees.

In a large bowl, mix meat, onion, peppers, rice, eggs, pineapple, and cherries thoroughly. Press mixture into a 9" by 9" pan.

Whisk the saved juices with the ketchup and flour until smooth. Pour this liquid over the meatloaf.

Bake for 50 to 60 minutes or until internal temperature is 160 degrees.

Remove from oven. Let stand for 5 to 10 minutes before serving.

Granny's West Virginia Mountain Meatloaf

Play Country Roads while you eat this—it's real country meatloaf!

- 2 pounds ground beef
- 1 cup diced onion
- 3/4 cup diced green bell pepper
- 1 clove garlic, minced
- 2 eggs
- 1/2 cup crushed saltines
- 2 teaspoons cumin and 1 teaspoon cayenne (or 1 tablespoon chili powder)
- 1 teaspoon onion salt or onion powder
- 1/4 teaspoon black pepper
- 1/2 cup ketchup

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

In a large mixing bowl, combine all ingredients except ketchup. Mix well.

Form into a loaf. Place in pan. Tent with foil.

Bake for 50 minutes.

Remove from oven. Remove foil. Spoon ketchup over loaf. Return to oven, uncovered.

Bake for 10 more minutes or until loaf reaches an internal temperature of 165 degrees.

Turkey Loaf with Buffalo Bourbon Sauce

You can substitute ground beef for the turkey. Serve with carrot and celery sticks and a little ranch dipping sauce to cool things down a little.

- 2 pounds ground turkey
- 3/4 cup soft bread crumbs
- 2 eggs, slightly beaten
- 1/4 cup diced carrots
- 1/4 cup diced celery
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a large mixing bowl, combine turkey, bread crumbs, eggs, carrots, celery, garlic, salt, and pepper. Mix well. Form into loaf and place in loaf pan.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Serve with Buffalo Bourbon Sauce (below) on the side so that it can be spooned over individual meatloaf slices.

Buffalo Bourbon Sauce

- 2 tablespoons butter
- 1/4 cup bourbon
- 1/4 cup bottled hot sauce
- 1/4 cup firmly packed brown sugar
- 1/4 cup honey
- 1/3 cup white vinegar
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder

In a saucepan over low heat, melt butter. Add remaining ingredients and simmer over low heat for 5 to 10 minutes until sugar is completely dissolved.

Spoon over meatloaf as mentioned above.

Chapter 7

More Meatloaves With Toppings

German Style Meatloaf with Red and Green Cabbage

This meatloaf is delicious the next day served on rye bread with spicy brown mustard. Add some tasty salt and vinegar potato chips and you'll have a great brown-bag lunch!

- 2 eggs
- 2 pounds ground beef
- 1 cup instant mashed potatoes
- 1/2 cup diced onion
- 1/4 cup diced carrots
- 1/2 cup shredded red cabbage
- 1/2 cup shredded green cabbage
- 3 tablespoons prepared brown mustard
- 1 teaspoon caraway seeds
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup apple juice
- 1/4 cup apple cider vinegar
- 2 tablespoons Worcestershire sauce
- 3 tablespoons brown sugar
- 1 tablespoon prepared brown mustard
- 1 tablespoon cornstarch
- 1 tablespoon cold water

Preheat oven to 350 degrees. Spray loaf pan with non-stick spray.

Lightly beat eggs. In a large mixing bowl, combine the eggs, beef, instant mashed potatoes, onion, carrots, red and green cabbage, mustard, caraway seeds, salt, and pepper. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 1 hour or until the internal temperature reaches 165 degrees.

Meanwhile, in a small saucepan, combine apple juice, vinegar, Worcestershire sauce, brown sugar, and mustard. Cook over medium heat until heated through.

Whisk together cornstarch and water. Add to saucepan, reduce heat, and cook, stirring constantly, until mixture is thickened.

Serve meatloaf with sauce over mashed potatoes.

Sun-Dried Tomato Meatloaf

The sun-dried tomatoes bring the warmth of the sun to this Italian meatloaf. Serve with a romaine salad and garlic bread for that old world feeling.

- 2 pounds ground beef
- 9 soft sun-dried tomatoes, chopped
- Save one to sprinkle on top
- 1 bunch green onions, finely chopped
- Save ¼ cup to sprinkle on top
- 4 cloves garlic, minced
- 1 green bell pepper, chopped
- 2 eggs
- 1/3 bread crumbs
- 2-3 teaspoons Italian seasoning
- 2 table spoons parsley
- salt and pepper to taste

Heat oven to 350 degrees.

In a mixing bowl, blend until all ingredients are equally integrated. Sprinkle tomato and green bits on top.

Bake in 8" by 8" pan for 1 hour and 45 minutes or until done.

Southwest Meatloaf with Salsa

Tired of the same old Tex-Mex fare? Adding mango salsa gives it a sweet twist. All you need is a green salad with some red onions to brighten it up.

- 2 pounds ground beef
- 1 cup corn bread crumbs
- 1 large onion, diced
- 1 cup diced red pepper
- 1 can corn or 1 1/2 cup frozen corn, thawed
- 1 can black beans, rinsed and drained
- 1 egg
- 3 large minced garlic cloves
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1-2 teaspoons chili powder (more if you like it hot)
- 1 teaspoon ground cumin
- 1 1/2 cups mango salsa, divided: 1/2 cup and 1 cup

Preheat oven to 350 degrees.

In large bowl, mix beef, bread crumbs, onion, pepper, corn, beans, egg, garlic, spices, and 1/2 cup mango salsa.

Put into a 10" by 4" pan.

Bake for 65 to 75 minutes or until done.

Remove from oven. Let stand for 10 minutes. Top with the rest of the salsa.

Chili-Like Meatloaf with Green Tomato Salsa

The frost has hit and you need to use up those green tomatoes. Try this salsa; it is so good! Make this the day before serving so the flavors can blend. When this meatloaf starts to perfume the air, you won't want to wait for the salsa to be ready. Have some chips, too!

- 3 minced garlic cloves
- 1 chopped onion
- 1 chopped sweet pepper (any color)
- 1 1/2 pounds ground beef
- 1 1/2 cups or one can black beans, divided in half
- 1/2 cups or one can corn
- 1 tablespoon chili powder
- 2 lightly beaten eggs
- 1 8 oz. can tomato sauce
- 1 cup shredded cheddar cheese plus 1/4 cup for garnish

Preheat oven to 350 degrees.

Sauté onion and peppers and garlic till soft.

In a mixing bowl, place onion, pepper and garlic with meat, eggs, 1/2 can of sauce, and cheese. Mix thoroughly.

Press into a 9" by 9" pan. Pour the rest of the sauce on top.

Bake for 50 to 60 minutes or until internal temperature reaches 160 degrees.

Remove from oven. Sprinkle with remaining cheese. Serve with Green Tomato Salsa (below).

Green Tomato Salsa

- 12 chopped green tomatoes
- 1 small bunch green onions, chopped
- 1-2 fresh jalapeno peppers, chopped (remove membranes and seeds)
- 1 1/2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon or lime juice
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoon chopped cilantro (optional)

Mix all ingredients well. Cover and refrigerate overnight so the flavors can mingle. Serve with meatloaf.

South of the Border Meatloaf with Fresh Pico de Gallo

Make this the day before serving so the flavors can blend. Munch on some chips with it!

- 3 garlic cloves, minced
- 1 onion, chopped
- 1 sweet pepper, chopped (any color)
- 2 pounds ground pork
- 2 lightly beaten eggs
- 1 8-oz. can tomato sauce, divided in half
- 1 cup corn bread crumbs
- 1 cup shredded pepper jack cheese plus 1/4 cup for garnish

Preheat oven to 350 degrees.

Sauté onion, peppers, and garlic until soft. In a large mixing bowl, combine onion mixture with ground meat, eggs, half of the tomato sauce, bread crumbs, and cheese. Mix thoroughly.

Press mixture into a 9" by 9" pan. Pour the remaining tomato sauce on top. Serve with Pico de Gallo (below).

Pico de Gallo

- 3 diced roma tomatoes
- 1 chopped onion (red is good)
- 1/2 seeded and chopped fresh jalapeno
- 1-3 tablespoons chopped fresh cilantro
- 1-2 minced garlic cloves
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Juice of a lime

The day before you serve the South of the Border Meatloaf, mix these ingredients well. Place in a covered container in the refrigerator overnight so the flavors can mingle.

Serve with South of the Border Meatloaf.

Chapter 8

Change It Up! Variety Meats, Meatless, Low-Carb, and/or Low-Salt

Chicken Parmesan Meatloaf

You want Italian, but your partner wants meatloaf. What do you do? Make this and you both win! Maybe serve some spaghetti noodles on the side with pesto. Yum!

- 2 pounds ground chicken
- 1 egg
- 1/2 cup seasoned croutons
- 1 teaspoon dried basil
- 1 teaspoon Italian seasoning
- 2-4 garlic cloves, finely minced
- 1 chopped onion
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup spaghetti sauce, divided in half
- 1/2 cup grated Parmesan cheese, divided in half
- Parsley for garnish

Preheat the oven to 350 degrees. Grease a loaf pan.

In a large mixing bowl, combine ground chicken, egg, croutons, spices, onion, half of the spaghetti sauce and half of the Parmesan cheese.

Place mixture in loaf pan.

Bake for 40 to 45 minutes.

Remove from oven. Spread remaining spaghetti sauce on meatloaf and

sprinkle with the remaining Parmesan cheese.

Bake until cheese is melted.

Remove meatloaf from oven. Allow meatloaf to rest for 5 to 10 minutes before serving.

Garnish with parsley if desired.

Beef and Sausage Meat Loaf

Use any kind of sausage you like, such as chorizo, linguisa, andouille, sweet or hot Italian sausage, or even German sausage with beer. The flavor and amount of spiciness will be entirely different with different sausages.

- 2 pounds ground beef
- 1 pound sausage, casings removed
- 1/2 cup diced onion
- 2 slices rye bread, toasted and crumbled
- 2 eggs
- 1 teaspoon garlic powder
- 2 teaspoons dried dill
- 2 teaspoons plus 2 tablespoons Worcestershire sauce
- 2 tablespoons dried oregano
- 1/2 cup ketchup
- 1/4 cup brown sugar

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large mixing bowl, combine ground beef, loose sausage, onion, rye bread crumbs, eggs, garlic powder, dill, 2 teaspoons Worcestershire sauce, and oregano. Mix until well blended. Form into a loaf and place in loaf pan.

In small mixing bowl, combine ketchup, brown sugar, and 2 tablespoons Worcestershire sauce. Mix together. Brush or spoon sauce over loaf.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Ham Loaf with Honey and Brown Sugar Glaze

This recipe is a great way to use leftover ham from Sunday or holiday dinners.

- 1 pound ground cooked ham
- 1 pound ground pork
- 3/4 cup soft bread crumbs
- 2 eggs, slightly beaten
- 1/2 teaspoon ground black pepper
- 1 1/2 teaspoons dry mustard, divided: 1/2 teaspoon plus 1 teaspoon
- 2 tablespoons butter
- 1/4 cup honey
- 2 tablespoons brown sugar

Preheat oven to 350 degrees. Spray loafpan with cooking spray.

In a large mixing bowl, combine ground ham, ground pork, bread crumbs, eggs, pepper, and 1/2 teaspoon dry mustard. Mix well. Form into loaf and place in loafpan.

Bake for 50 minutes.

During last 20 minutes of cooking, combine butter, honey, brown sugar, and remaining dry mustard in a non-stick saucepan. Cook over low heat for 5 to 10 minutes or until sugar is completely dissolved.

Remove meatloaf from oven. Baste with half the honey mixture, and return to oven for 10 minutes.

Remove meatloaf from oven. Baste with remaining mixture. Serve warm.

Vegetarian Loaf with Brown Rice

Vegetarian food does not have to be bland or dull. Your family might not even realize this meal is meatless.

- 2 tablespoons extra virgin olive oil
- 1/2 cup diced onion
- 1/2 cup diced bell pepper
- 2 cloves garlic, minced
- 1 teaspoon thyme
- 1/2 teaspoon basil
- 3 cups cooked brown rice
- 2 eggs, lightly beaten
- 1/4 cup shredded carrot
- 1 tablespoon soy sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup ketchup

Preheat oven to 350 degrees. Spray loafpan with cooking spray.

In a medium saucepan over medium heat, heat olive oil. Add onion, bell pepper, garlic, thyme, and basil. Sauté until onion is soft.

In a large mixing bowl, combine onion mixture with brown rice, eggs, carrots, soy sauce, Worcestershire sauce, salt, and pepper. Mix well. Place in loafpan.

Bake for 30 minutes. Remove from oven. Spoon ketchup over top. Bake for 10 more minutes.

Turkey Loaf

Tired of beef? Try turkey for a change—it's tasty and so good for you too! This would also be a pleasant way to use leftover Thanksgiving turkey. You can substitute cranberry jelly for the barbecue sauce.

- 2 pounds ground turkey (your preference of white, dark or mixed)
- 2 eggs, beaten
- 10 crushed saltine crackers
- 3/4 cup plus 2 tablespoons sweet barbecue sauce, divided
- 2 tablespoons Dijon mustard, divided in half
- 2 teaspoon dried or fresh parsley
- 1/2 cup chopped celery
- 1 teaspoon poultry seasoning
- 1 teaspoon seasoned salt
- 1 onion diced
- 1 tablespoon brown sugar

Preheat oven to 350 degrees. Grease a 9" by 9" baking pan.

In a large mixing bowl, combine the ground turkey, onion, celery and eggs. Mix well.

Stir in the saltine crackers, 3/4 cup barbecue sauce, 1 tablespoon of mustard, parsley, celery, poultry seasoning, and seasoned salt. Mix well. Place in pan.

Bake for 30 minutes.

While meatloaf is cooking, combine the brown sugar with the remaining 2 tablespoons of barbecue sauce and second tablespoon of mustard to make a glaze.

Remove meatloaf from oven. Brush or spoon glaze on meatloaf.

Return to oven. Bake for until meatloaf is no longer pink in the center, about 30 additional minutes.

Liver Pate Meatloaf

Liver is good for you and can taste terrific! For the best taste, buy the darkest colored liver possible. Get some of your favorite whole grain crackers and a vegetable platter and treat yourself tonight!

- 1 pound chicken livers
- 1 red onion, chopped
- 1/4 cup butter
- 1/2 cup red wine
- 2-4 cloves garlic, crushed
- 1 teaspoon mustard
- 1 teaspoon ground rosemary
- 1 teaspoon ground thyme
- 1 tablespoon fresh lemon juice
- 1/4 cup butter
- Sea salt to taste
- 2 tablespoons cracked black pepper
- 1-2 cups finely diced carrots, sweet peppers, celery and sweet onions (any combination)
- 1-2 cups fine toasted rye bread crumbs

Grease mini-loaf pans lightly.

In a large saucepan, brown the livers and onions in butter. Add wine, garlic, mustard, herbs, and lemon juice. Cook over medium heat until most of the liquid has gone.

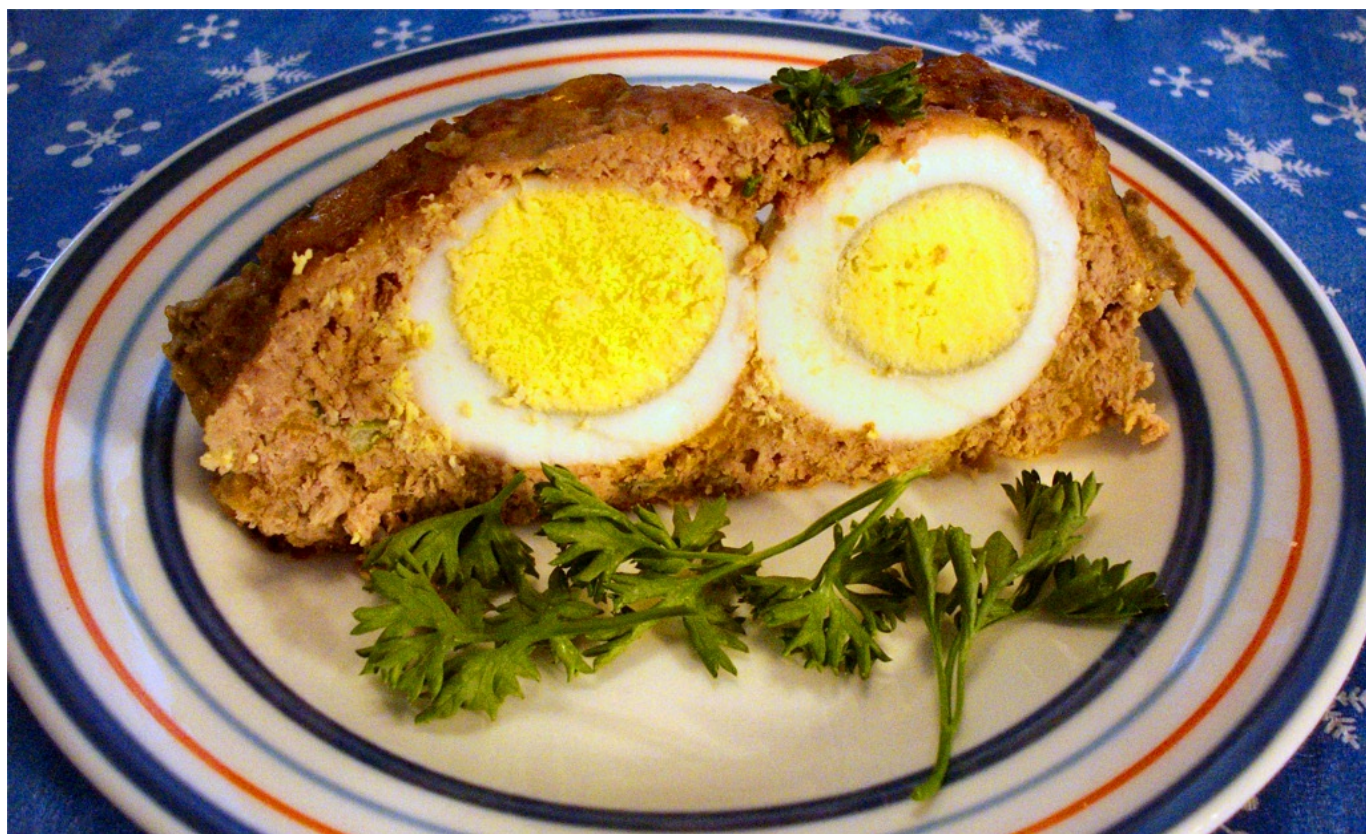
Pulse this mixture, a bit at a time, in a food processor until it is very smooth. When the mixture is all smooth, add butter 1 tablespoon at a time to make a smooth, creamy pate. Add salt to taste.

Divide pate in half. Put into pans. Spread with half of the crumbs.

Add a layer of vegetables, mixed. Another option is to make stripes with the vegetables, opposite the way meatloaf will be sliced. Cover with remaining pate. Cover with remaining crumbs. Sprinkle some cracked

pepper on top.

Refrigerate for at least an hour. Longer is better, so that the flavors have time to mingle.



Meatloaf with a Middle

For a change of pace, try this for breakfast! It's hearty and fun.

- 6 hardboiled eggs (older eggs peel more easily)
- 1 large onion, diced
- 4 garlic cloves, chopped
- 1 green pepper, diced
- 1 red pepper, diced
- 1 pound ground beef
- 1 pound ground pork sausage
- 1/2 cup plain bread crumbs
- 1 cup grated cheddar cheese
- 1/2 teaspoon sage
- 1 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 2 large lightly beaten eggs

- 1/4 cup milk

Preheat oven to 350 degrees. Grease 2 loaf pans.

Hard boil 6 eggs. Cool them before removing their shells. Slightly older eggs peel more easily than new ones, so try to set your oldest ones aside for this purpose ahead of time.

Sauté onions and peppers for 7 to 9 minutes until softened. Add garlic. Sauté another minute.

In a large mixing bowl, combine ground meat, bread crumbs, cheese, and spices. Mix well. Place half of the mixture into the bottom of the loaf pans.

Press indentations (about the size of half an egg) where you want the eggs to go. Put the peeled eggs in place, three per loaf pan. Cover the eggs with the remainder of the meat mixture.

Beat the two eggs and milk. Pour evenly over the loaves.

Bake for 50 to 60 minutes or until inner temperature is 160 degrees. Let stand for 5 to 10 minutes; then serve.

Salmon Loaf with Dill Sauce

Salmon with a tangy sauce—great for any time but lovely for a luncheon!

- 2 pounds cooked and flaked salmon
- 1 cup dry butter cracker crumbs
- 1 cup mayonnaise, divided in half
- 1 cup plain Greek yogurt, divided in half
- 1/2 cup plus 2 tablespoons chopped green onion (reserve 1 teaspoon for garnish)
- 1/2 cup chopped red pepper (reserve 1 teaspoon for garnish)
- 1/2 cup chopped celery
- 1 egg, beaten
- 1 teaspoon salt
- 1 teaspoon dill, divided in half
- 1/2 cup sour cream
- 1 cup finely chopped cucumber
- 1/2 teaspoon dry mustard

Preheat oven to 350 degrees.

In a large mixing bowl, combine salmon, cracker crumbs, half of the mayonnaise, half of the yogurt, 1/2 cup of the green onion, red pepper, celery, egg, salt, and 1/2 teaspoon dill. Mix all ingredients well. Place in a 9" by 9" dish.

Bake for 40 to 50 minutes or until done.

While loaf is baking, combine sour cream, the rest of the mayonnaise, the rest of the yogurt, cucumber, 2 tablespoons green onion, dry mustard, and the rest of the dill. Mix well.

When loaf is finished, let stand for 5 to 10 minutes. Pour 1/4-1/2 cup of the sauce decoratively across the salmon. Garnish with onions and peppers.

Meatloaf Parmigiana

A new twist on an old Italian favorite. For a nice surprise, add a layer of cheese inside the loaf before baking.

- 1 pound ground veal
- 1 pound ground pork
- 3/4 cup dry Italian bread crumbs
- 2 eggs, slightly beaten
- 3/4 cup diced onion, divided: 1/2 cup and 1/4 cup
- 1/4 cup diced green bell pepper
- 1/4 cup chopped Italian parsley
- 3 cloves garlic, minced, divided: 2 cloves and 1 clove
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 tablespoon extra virgin olive oil
- 1 8-oz can tomato sauce
- 2 tablespoons tomato paste
- 1 teaspoon oregano
- 1/2 teaspoon basil
- salt and pepper to taste
- 1/4 cup mozzarella cheese
- 1/4 cup Parmesan cheese

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a large mixing bowl, combine ground veal, ground pork, bread crumbs, eggs, 1/2 cup onion, bell pepper, parsley, 2 cloves garlic, oregano, basil, salt, and black pepper. Mix well. Form into loaf and place in loaf pan.

Bake for 40 minutes.

While loaf is cooking, sauté 1/4 cup onion in olive oil in a medium saucepan over medium heat. Cook just until onion is softened. Add 1 clove garlic. Sauté until soft. Do not allow garlic to brown, as this will make it bitter.

Add tomato sauce, tomato paste, oregano, basil, and salt and pepper to taste. Simmer 10 minutes.

Remove loaf from oven. Baste loaf with half the mixture. Top with mozzarella and Parmesan cheese.

Return loaf to oven for 20 minutes or until cheese is melted.

Remove from oven and serve with remaining sauce.

Alternative cooking method: After loaf has reached internal temperature of 165 degrees, remove from oven and slice. Top each slice with sauce and cheese. Place under broiler until cheese is melted.



Lentil Loaf

Cutting down on your meat intake? Trying to save some money? Or are you just a vegetarian who wants a great meal? This is a wonderful change from meaty meatloaves.

- 1 1/2 cups lentils
- 3 1/2 cups water or vegetable broth
- 2 diced red onions
- 2 shredded carrots
- 3-4 cloves garlic, minced
- 2 cups cooked brown rice
- 2 lightly beaten eggs
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/2 cup ketchup or tomato sauce

Preheat oven to 350 degrees. Lightly oil a loaf pan.

Cook lentils in water for about 30 minutes or until done. Drain extra liquid, if any.

Mash lentils lightly. Add onions, carrots, garlic, rice, eggs, salt, pepper, and ketchup or tomato sauce. Mix thoroughly.

Press into loaf pan.

Bake for 1 hour.

Let stand 5 to 10 minutes before serving.

Tuna Loaf

Sometimes you long for the sea. Here is a loaf that will take you there. Pair this with some hash browns and beets for something to tide you over.

- 14 3/4 oz. tuna (drained if canned, cooked if fresh)
- 3/4 cup bread crumbs, divided: 1/2 cup and 1/4 cup
- 2 eggs, lightly beaten
- 1/2 cup diced sweet pepper (any color)
- 1 onion, finely chopped
- 1/2 cup chopped celery
- 1 tablespoon lemon juice
- 1 teaspoon dill
- 1 teaspoon Old Bay Seasoning
- 1/4 cup milk

Preheat oven to 350 degrees. Grease a large loaf pan.

In a large bowl, stir together tuna, 1/2 cup bread crumbs, egg, pepper, onion, and celery. Add lemon juice, dill, Old Bay Seasoning, and milk. Mix thoroughly.

Pack ingredients into loaf pan. Sprinkle top with the rest of the bread crumbs.

Bake about 45 to 50 minutes, until top is golden brown and center is thoroughly cooked.

Vegetarian Loaf with TVP or TSP

Texturized vegetable protein (TVP) and texturized soy protein (TSP) are great alternatives to meat when you're cooking for vegetarians. They are available in most natural and health food stores as well as many mainstream supermarkets. If you're cooking for vegans, see our recipe for Vegan Loaf.

- 1 1/2 cups TVP
- 1 cup boiling water
- 1 tablespoon extra virgin olive oil
- 1/2 cup diced onion
- 1 clove garlic, minced
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon tarragon
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 eggs, lightly beaten
- 1/2 cup cooked brown rice
- 1/4 cup oatmeal
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon Worcestershire
- 2 eggs, lightly beaten
- 1/2 cup tomato sauce

Preheat oven to 350 degrees. Spray loafpan with cooking spray.

Place TVP in dry saucepan over low heat. Toss carefully just until lightly browned. Place in large mixing bowl and pour boiling water over it.

Sauté onion and garlic in olive oil.

Combine all ingredients with the TVP except tomato sauce. Mix well. Place in loafpan.

Bake for 30 minutes or until browned.

Spoon tomato sauce over loaf. Return to oven for 10 minutes.

Vegan Loaf with TVP

Quinoa's high fiber and antioxidant properties make it the perfect binder for the health-conscious vegan.

- 1 1/2 cups TVP granules
- 1 cup boiling water
- 1 tablespoon extra virgin olive oil
- 1/2 cup diced red onion
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/4 cup snipped fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup cooked quinoa
- 1/4 cup tomato sauce

Preheat oven to 350 degrees. Spray shallow baking pan with olive-oil cooking spray.

Place TVP in dry sauce pan. Over low heat, toss carefully until just lightly browned. Place TVP in large mixing bowl and pour boiling water over it.

Sauté onion in olive oil. Combine all ingredients with TVP. Mix well. Place loaf in pan.

Bake for 25 minutes or until well browned.

Lo-Carb Meatloaf

Those who are watching their carb intake can eat this meatloaf without feeling guilty!

- 1 pound ground round
- 1/2 pound ground pork
- 2 cloves garlic, minced
- 1 cup diced red onion
- 1 tablespoon chopped parsley
- 1 teaspoon Spanish paprika
- 1/2 teaspoon ground black pepper
- 1/4 cup low-salt chicken broth

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

In a large mixing bowl, combine all ingredients. Mix well. Form into a loaf and place in pan.

Bake for 50 minutes or until loaf reaches an internal temperature of 165.

Low-Sodium, High-Fiber Meatloaf

It is best to use a base other than turkey with this recipe, as turkey tends to be even blander than usual when it is unsalted.

- 1 pound ground beef
- 1/2 pound ground pork or lamb
- 1 cup cooked quinoa
- 1/2 cup diced onion
- 1/2 cup black beans, drained and mashed
- 1/2 cup chickpeas (also called garbanzos)
- 2 cloves garlic, minced
- 2 eggs, lightly beaten
- 3/4 cup low-sodium chicken or vegetable broth
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loafpan with cooking spray.

Combine all ingredients in a large mixing bowl. Mix until well blended. Form into a loaf. Place in loafpan.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

Chapter 9

Layers and Fillings

Spring Veggie Turkey Loaf

You can make this with fresh or frozen broccoli, but the asparagus should be fresh.

- 2 pounds ground turkey
- 3/4 cup soft bread crumbs
- 2 eggs, slightly beaten
- 1/2 cup finely chopped broccoli
- 1/2 cup diced carrots
- 1/4 cup sliced green onions
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 dozen whole asparagus stalks

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a large mixing bowl, combine the ground turkey, bread crumbs, eggs, broccoli, carrots, onions, salt, and pepper. Mix well.

Press half the mixture into a loaf pan. Place whole asparagus stalks lengthwise on top of mixture. Place the remaining turkey mixture on top and seal edges well.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees. Serve with white sauce if desired.

Swiss Cheese Meatloaf

Lovely Swiss cheese makes an appearance here, changing the flavor, yet it's still meatloaf! What a great taste, turning an old favorite into something new and great.

- 2 tablespoon oil
- 1 onion, diced
- 1 teaspoon sage
- 2 pounds ground beef
- 1-2 cups green beans in half inch pieces
- 2 lightly beaten eggs
- 1/2 cup milk
- 1 cup Ritz cracker crumbs
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup shredded Swiss cheese
- 6 3-4 inch-long slices bacon

Preheat oven to 350 degrees.

Sautee onions in oil until softened. Add sage and cook another minute. Set aside.

In a bowl, combine the meat, green beans, eggs, milk, cracker crumbs, salt, pepper, and cheese. Mix thoroughly. Place mixture in a loaf pan. Top with crossed slices of bacon.

Bake for 60 to 70 minutes or until internal temperature is 160 degrees.

Let stand for 5 to 10 minutes before serving.

Tamale Stuffed Meat Loaf

You can use either traditional red enchilada sauce or “verde” (green) sauce. The flavor and spiciness of this meatloaf will change dramatically, depending on which type of sauce you use.

- 1 10-ounce can enchilada sauce, any color or heat, divided in half
- 1 8-ounce can tomato sauce
- 1 1/2 pounds ground beef
- 1/2 pound ground pork
- 1/2 cup diced onion
- 1 cup yellow cornmeal
- 2 eggs
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 or 3 prepared (homemade or canned) tamales, any flavor of filling

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a medium mixing bowl, combine enchilada sauce and tomato sauce.

In a large mixing bowl, combine ground meat, onion, cornmeal, eggs, garlic, salt, pepper, and half the enchilada sauce mixture. Mix until well blended.

Press half the meat mixture into the loaf pan. Lay tamales lengthwise over meat. Place remaining meat mixture on top and seal edges well. Brush or spoon remaining sauce over loaf.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Reuben Layered Meatloaf

With its sauerkraut, dressing, and Swiss cheese, this has all the goodness of a Reuben sandwich. Serve with some potatoes au gratin, green beans, and a dish of relish.

- 1 1/2 pounds corned beef
- 1 beaten egg
- 1 cup rye bread crumbs
- 1/2 cup chopped red onion (reserve 1 tablespoon for garnish)
- 1 teaspoon caraway seeds
- 1 teaspoon Worcestershire sauce
- 1/4 cup sour cream
- 1/4 cup Russian dressing
- 1 teaspoon horseradish
- 8 oz. sauerkraut
- 1 1/4 cup shredded Swiss cheese, divided: 1 cup and 1/4 cup
- Parsley for garnish

Preheat oven to 350 degrees.

Mix meat, egg, bread crumbs, 1/2 cup onion, caraway seeds, and Worcestershire sauce.

In a separate bowl, mix sour cream, Russian dressing, and horseradish.

Divide meat into four parts. Layer meat in a 9" by 9" pan layer in this manner: first meat mixture, then 1 cup Swiss cheese, then second meat mixture, then sauerkraut, then third meat mixture, then sour cream mixture, then fourth meat mixture.

Bake for 50 to 60 minutes or until internal temperature reaches 160 degrees.

Sprinkle with remaining cheese. Garnish with onion and parsley.

Let stand for 5 to 10 minutes before serving.

Olive Lovers Meatloaf

This meatloaf is for the olive lovers out there! The recipe calls for green olives, but it tastes great with other kinds, too.

- 1 1/2 pounds ground pork, chicken, or a mix of the two
- 1 onion, diced
- 1 cup diced celery
- 1 red pepper, diced
- 12 oz. drained and chopped stuffed green olives (reserve the brine)
- 1 cup seasoned bread crumbs
- 2 lightly beaten eggs
- 1/2 cup olive brine
- 1/4 tsp. pepper
- 1/2 cup spaghetti sauce
- 1 cup spaghetti sauce
- 1/4 cup Parmesan or Romano cheese

Pre-heat oven to 375 degrees.

In a large bowl, combine meat, onion, celery, pepper, and olives. Mix thoroughly.

In a smaller bowl, combine bread crumbs, eggs, olive juice, and pepper. Mix thoroughly.

Lightly but completely, mix both together. Put mixture in loafpan. Cover with spaghetti sauce.

Bake for about 55 to 60 minutes or until internal temperature is 160 degrees.

Remove from oven. Sprinkle with cheese. Let stand for 5 minutes before serving.

Mashed Potato Meatloaf

Instead of being served as an ordinary side dish, these mashed potatoes are inside the meatloaf!

- 3 cups peeled, cooked, and cubed potatoes
- 1 cup ricotta cheese
- 2 tablespoons extra virgin olive oil
- 1 medium brown onion, diced
- 2 cloves garlic, minced
- 1 pound ground beef
- 1/2 pound ground pork
- 2 eggs, lightly beaten
- 1 cup dry bread crumbs
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup low-sodium chicken broth
- 1/2 cup grated Parmesan or Romano cheese
- 1 cup plus 2 tablespoons shredded mozzarella cheese
- 1/2 cup ketchup (optional)

Preheat oven to 350 degrees. Spray a loafpan with cooking spray.

Mash potatoes. Mix with ricotta cheese and set aside.

In a large skillet, sauté onion and garlic in olive oil until onion is soft.

In a large mixing bowl, combine onion mixture, meat, eggs, bread crumbs, oregano, basil, salt, pepper, broth, and Parmesan or Romano cheese and mix well. Press meat mixture into loafpan.

Spread the mashed potatoes over the meat mixture. Sprinkle 1 cup of the mozzarella over the potatoes. Top with remaining meat mixture and seal well.

Bake for 50 minutes.

Remove from oven. Sprinkle with remaining mozzarella. Return to oven for 10 more minutes or until loaf reaches an internal temperature of 165 degrees. Serve with ketchup, if desired.



Modern Meatloaf Wellington

Having unexpected guests? You can easily turn a plain old meatloaf into something special. They'll be so surprised when you put this on the table! Some rice fancied up with shredded carrot and sauteed onion will surely be a hit!

- 2 cups chopped fresh mushrooms
- 1/4 cup butter
- 2 tablespoons plus 2 teaspoons all-purpose flour
- 1/8 teaspoon pepper
- 2 cups cream
- 3 eggs (reserve one egg white)
- 1 cup shallots, finely chopped
- 1 teaspoon salt
- 1/8 teaspoon pepper

- 1 1/2 pounds ground beef
- 4 4-oz. packages refrigerated crescent rolls
- 1 teaspoon water
- 1 tablespoon fresh parsley
- 1 teaspoon fresh ground rosemary

In a saucepan, sauté mushrooms in butter until softened. Stir in flour and 1/8 teaspoon pepper until blended. Gradually add the cream. Bring to a boil. Cook and stir for 2 minutes or until thickened. Remove from heat and set aside.

Separate one egg. Set the egg white aside in a small bowl.

In a large mixing bowl, combine egg yolk, the other 2 eggs, shallots, 1/4 cup mushroom sauce, salt, and pepper. Mix well. Add ground beef. Mix well.

Shape meatloaves. Two loaves fit well on a cooking sheet, but any shapes you can make will work.

Separate the crescent roll dough into the number of pieces you need to wrap around loaves. Press edges together to combine perforated dough pieces. Place meat loaf on each large dough rectangle. Bring edges together and pinch to seal.

Beat the remaining egg white with 1 teaspoon water. Brush the tops and sides of the crescent roll dough covering the meatloaves. Cover with tinfoil tent.

Bake at 350 degrees for 25 to 30 minutes. Remove tent and cook 15 more minutes.

Meanwhile, warm mushroom sauce over low heat. Stir in parsley. Serve sauce with meatloaves.

Chapter 10

Vegetables

Steak and Olive Loaf

This pretty loaf is tasty and festive yet easy to make.

- 1 1/2 pounds ground round steak
- 1 egg, lightly beaten
- 1 cup sliced green olives
- 1/2 cup sliced black olives
- 2 pimentos, finely chopped
- 1/2 cup diced white onions
- 3/4 cup rolled oats
- 1 large can diced tomatoes, drained
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with non-stick spray.

In a large mixing bowl, combine all ingredients. Mix until well blended.

Bake for 1 hour or until internal temperature reaches 165 degrees.



Tunnel of Corn

If you are of the generation that remembers the famous “Tunnel of Fudge” Bundt cake, here’s a kid- (and husband-) pleasing take-off that surprises with a yummy mound of sweet corn kernels in the middle. You can even Bake for it in a Bundt pan, if you still have one.

- 3 slices soft bread, cubed
- 1/2 cup chicken stock
- 2 pounds ground beef
- 2 eggs
- 1 clove garlic, minced
- 1/2 cup diced onion
- 2 tablespoons steak sauce, divided in half
- 2 tablespoons Worcestershire sauce, divided in half
- 1/2 cup shredded cheddar cheese
- 1 teaspoon salt

- 1 teaspoon ground black pepper
- 1 1/2 cups corn kernels (fresh, frozen, or canned)
- 1/2 cup prepared barbecue sauce
- 1/4 cup ketchup
- 2 tablespoons honey
- 1 tablespoon Dijon mustard

Preheat oven to 350 degrees. Spray Bundt or loaf pan with non-stick spray.

In a small bowl, soak bread cubes in chicken stock until all liquid is absorbed.

In a large mixing bowl, combine bread mixture, ground beef, eggs, garlic, onion, 1 tablespoon of the steak sauce, 1 tablespoon of the Worcestershire sauce, cheese, salt, and pepper. Mix well.

Press half the mixture into the bottom of the pan. Spoon the corn kernels down the center of the meat in a thick line, making sure to distribute evenly. Press the remaining mixture over the top and seal edges well. Bake for 50 minutes.

While the meatloaf is in the oven, whisk together remaining steak sauce and Worcestershire sauce, barbecue sauce, ketchup, honey, and Dijon. Return to oven for 10 more minutes.

Meatloaf with Cauliflower and Cheese Sauce

A great way to get your daily veggies.

- 2 pounds ground turkey
- 2 eggs
- 1 cup rolled oats
- 1/2 cup chopped onion
- 1 teaspoon nutmeg
- 1/2 teaspoon cayenne
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup cheddar cheese, divided in half
- 1 8-oz. package frozen cauliflower, thawed
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1/2 cup cheddar cheese

Preheat oven to 350 degrees. Spray a loafpan with non-stick cooking spray.

In a large mixing bowl, combine turkey, eggs, oats, onion, nutmeg, cayenne, salt, pepper, and 1/2 cup cheddar cheese. Mix until well blended.

Press half the meat mixture into loafpan. Top with cauliflower. Top with remaining meat mixture and press edges to seal.

In small saucepan over medium heat, melt butter. Stir in flour and allow to cook for 1 minute. Gradually whisk in milk and cheese. Cook until mixture is thickened. Pour over loaf.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

California Meatloaf with Ortega Chilies, Jack Cheese, and Avocado

Enjoy with a chilled glass of California wine.

- 2 slices sourdough bread, cubed
- 1/2 cup milk
- 2 pounds ground turkey
- 2 eggs
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 teaspoon cayenne
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 ortega chili, roasted, seeded, and diced
- 1 cup shredded jack cheese, divided in half
- 1 ortega chili, roasted, seeded, and cut into julienne strips
- 1 ripe avocado
- 1 teaspoon lemon juice

Preheat oven to 350 degrees. Spray a loafpan with non-stick cooking spray.

In a small bowl, combine bread cubes and milk until milk is completely absorbed. In a large mixing bowl, combine bread mixture, turkey, eggs, onion, garlic, cayenne, salt, pepper, diced chili, and 1/2 cup of the jack cheese. Mix until well blended. Form into a loaf. Place in loafpan.

Bake for 50 minutes. Remove from oven. Sprinkle remaining cheese over top.

Return to oven for 10 minutes or until cheese is melted.

Remove from oven and allow to cool for 10 minutes. Top with julienned chili slices.

Peel and seed avocado. Slice avocado and place on top of chilies. Sprinkle with lemon juice to prevent avocado from turning brown.

Chapter 11

Breakfast

Corned Beef Loaf

A delicious alternative breakfast meat and a great way to use leftover Bakeford or boiled potatoes. Serve with a poached egg and toast!

- 1 1/2 pounds chopped cooked corned beef
- 2 cups finely diced cooked potatoes or thawed frozen hash brown potatoes
- 1/4 cup soft bread crumbs
- 1/2 cup finely chopped onion
- 2 eggs, slightly beaten
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray loafpan with cooking spray.

In a large mixing bowl, combine all ingredients. Mix well and form into a loaf. Place in loafpan.

Bake for 1 hour or until loaf reaches internal temperature of 165 degrees.

Breakfast Sausage Pie

Top with a bit of salsa or ketchup for an easy weekend brunch.

- 1 pound bulk breakfast sausage
- 1 tablespoon olive oil
- 6 eggs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups frozen shredded hash brown potatoes, thawed
- 1 1/2 cups shredded cheddar cheese
- 1/4 cup diced bell pepper
- 1/4 cup sliced green onion
- salsa or ketchup for garnish (optional)

Preheat oven to 400 degrees. Spray a quiche pan or casserole dish with non-stick spray.

In a large saucepan, brown sausage in oil, breaking it up into small pieces.

In a large mixing bowl, whisk together eggs, milk, salt, and pepper. Stir in potatoes.

Drain sausage and stir into egg mixture. Stir in cheese. Pour into baking dish.

Bake for 40 minutes or until center is set and top is golden brown. Slice into wedges and serve with salsa or ketchup and fresh fruit, if desired.

Meatloaf Benedict

A unique dish for Sunday brunch. This recipe serves 8 but can be halved and remaining meatloaf refrigerated and saved. The one-hour cooking time gives you plenty of time to toast and butter the muffins and poach the eggs.

- 1 1/2 pounds chopped cooked Canadian bacon
- 1/4 cup soft or dry bread crumbs
- 2 eggs, slightly beaten
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 English muffins, split, toasted, and buttered
- 8 eggs, poached
- 3 egg yolks, beaten
- 1 tablespoon lemon juice
- 1 tablespoon cold water
- 1/2 cup unsalted butter, softened
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 to 2 tablespoons hot water

Preheat oven to 350 degrees. Spray loaf pan with cooking spray.

In a large mixing bowl, combine Canadian bacon, bread crumbs, eggs, salt, and pepper. Mix well and form into a loaf. Place in loaf pan.

Bake for 50 minutes or until loaf reaches an internal temperature of 165 degrees.

Meanwhile, in the top of a double boiler, combine egg yolks, lemon juice, and water. Whisk in one third of the butter and cook until sauce begins to thicken. (Sauce will become smoother after the rest of the butter is added.)

Whisk in the remaining butter a little at a time. Continue cooking until sauce is thickened. Remove from heat. If sauce becomes too thick or curdles, whisk in a little hot water immediately. Season with salt and

pepper.

To serve, slice meatloaf into 8 slices. Place half of a muffin on plate. Top each muffin with one slice of meatloaf, a poached egg, and 1 or 2 tablespoons of the sauce.

Chapter 12

Meat Pies

Shepherd's Pie Meatloaf

This is a good hearty familiar dish, so filling and full of good things. All it really needs is a green salad and maybe some rolls.

- 1 pound ground beef
- 1/2 cup seasoned bread crumbs
- 1 onion, diced
- 1/2 cup shredded carrot
- 2 lightly beaten eggs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can of brown gravy, divided in half
- 1 can corn, drained, or about 2 cups frozen corn (thawed)
- 1/4-1/3 cup milk
- 4 red or gold potatoes, cubed
- 1/3 cup milk
- 2 tablespoons butter
- salt and pepper to taste
- 1/2 cup shredded cheddar cheese

Preheat oven to 350 degrees.

In a large bowl, combine beef, bread crumbs, onion, carrot, eggs, salt, pepper, and half of gravy. Mix thoroughly. Smooth into a baking dish.

Spread corn on top. Pour on rest of the gravy.

Bake uncovered for 1 hour.

While meatloaf is baking, boil potatoes. Add cup milk, butter, salt and pepper. Mash potato mixture.

Spread mixture on top of meatloaf. Sprinkle with cheese. Cover lightly.

Bake for another 10-15 minutes.

Bacon-Cheese-Potato Meat Pie

This pie has the beef filling on the outside. The cooking time is shorter than a meatloaf because the beef “crust” is thinner. With a taste not unlike potato skins, this pie is great served with sour cream and sprinkled with sliced green onions.

- 1 pound ground beef
- 1/4 cup dry bread crumbs
- 1 10-oz. can cheddar cheese soup, divided in half
- 1/4 cup diced onion
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups prepared mashed potatoes
- 1/2 cup shredded sharp cheddar cheese
- 1/3 cup crumbled bacon or bacon bits
- sour cream and sliced green onions for garnish (optional)

Preheat oven to 350 degrees. Spray a 9” pie plate with non-stick spray.

In a large mixing bowl, combine beef, bread crumbs, half of the soup, onion, egg, salt, and pepper. Mix until well blended. Press into bottom and sides of pie plate.

Combine remaining soup with mashed potatoes and beat until fluffy. Spread over meat. Sprinkle with cheese and bacon.

Bake for 20 minutes. Remove from oven and let stand for 5 minutes. Cut into wedges. Serve with sour cream and sliced green onions, if desired.

Kreatopita (Greek Meat Pie with Phyllo)

Cut into large squares for dinner or smaller pieces for an appetizer or side dish. Phyllo is also spelled filo and fillo. It is available in Mediterranean markets and many mainstream supermarkets.

- 1 1/2 cups diced onion
- 2 teaspoons extra virgin olive oil
- 3 pounds lean ground beef or lamb
- 3 cloves garlic, minced
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1/4 teaspoon nutmeg
- 1 8-oz. can tomato sauce
- 1/2 cup dry red wine
- 3 eggs, lightly beaten
- 1 1/2 cup grated Parmesan or Romano cheese
- 2 slices white bread, cubed
- 1/4 cup butter
- 12 sheets phyllo dough

Preheat oven to 350 degrees.

In a large saucepan, sauté onion in olive oil until golden. Remove from pan and set aside.

Add ground beef to saucepan. Sauté until browned.

Return onion to pan and add garlic, salt, pepper, oregano, nutmeg, tomato sauce, and wine. Simmer uncovered, stirring occasionally, for 15 to 20 minutes or until most of the liquid evaporates and the mixture thickens. Remove from heat and allow to cool for about 5 minutes.

Add eggs, cheese, and bread cubes. Melt butter.

Remove phyllo from package, unroll, and cover with plastic wrap or a damp towel. It is important to keep phyllo covered throughout the

process so that it does not dry out.

Brush 9" by 13" pan with melted butter. Layer 6 phyllo sheets in pan, brushing each with butter. Phyllo will hang over sides of pan.

Spoon ground beef mixture evenly over phyllo.

Cover with remaining phyllo sheets, again brushing each with butter. Fold in or trim edges of phyllo.

With a very sharp knife, mark diagonal lines on top to make it easier to cut pieces into diamond shapes after baking.

Bake for 45 minutes or until phyllo is golden and filling is set.

Place on wire rack and let cool slightly. Cut completely through. Can be served warm or at room temperature.

Beef Tamale Pie

This loaf tastes like tamales, but it's much easier and quicker to make.

- 2 pounds ground round steak
- 1 cup diced white onions
- 1 cup corn kernels
- 1 large can diced tomatoes
- 2 cloves garlic, minced
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 1/2 cup extra virgin olive oil
- 1 cup sliced black olives
- 3 eggs, lightly beaten
- 1 cup milk
- 1 tablespoon chili powder
- 1 1/2 cups yellow cornmeal, or masa
- 1 small can pimentos
- 2 jalapeno (spicy) or Ortega (mild) chili, seeded and chopped

Preheat oven to 350. Spray a loaf pan with non-stick spray.

In a large saucepan, sauté onions and ground round until brown.

In a large mixing bowl, combine all other ingredients. Mix until well blended. Place mixture in loaf pan.

Bake for 1 hour or until internal temperature reaches 165 degrees.

Chapter 13

Alternative Cooking Techniques

Crock Pot Meatloaf

This simple meatloaf can be assembled the night before and refrigerated overnight. Just pop it in your slow cooker in the morning and it will be ready in time for dinner.

- 2 pounds ground beef
- 1/2 cup rolled oats
- 2 eggs, lightly beaten
- 1/4 cup finely chopped onion
- 1/2 teaspoon garlic powder or minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon Worcestershire sauce
- 1/2 cup smoky barbecue sauce, plus 2 tablespoons

In a large mixing bowl, combine all ingredients, except 2 tablespoons of barbecue sauce. Mix until well blended.

Form into a round loaf and place in crock pot. Top with the 2 tablespoons of sauce.

Cook, covered, for 6 to 8 hours on low or 4 to 6 hours on high. Serve with additional sauce.

Fried Meatloaf

Love meatloaf but can't wait a whole hour to make it? Try this quick dinner for a busy weekday. You can even make the patties ahead of time and refrigerate them up to 8 hours or freeze them, wrapped airtight, for 1 to 2 days.

- 3 tablespoons extra-virgin olive oil, divided: 1 tablespoon and 2 tablespoons
- 1 pound ground beef
- 1 pound ground turkey
- 1 egg, lightly beaten
- 2 slices soft white bread, cubed
- 1 small can Italian-style crushed tomatoes, divided in half
- 1/2 cup finely chopped brown onion
- 1/2 teaspoon snipped fresh sage
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

In a large mixing bowl, combine 1 tablespoon oil, ground beef, ground turkey, egg, bread cubes, 1/2 of the tomatoes, onion, sage, Worcestershire sauce, hot sauce, salt, and pepper. Mix until well blended. Form into patties about 1" thick.

Meanwhile, in a large saucepan, heat oil for frying over medium-high heat. Brown patties about 5 minutes on each side.

Add remaining tomatoes and simmer about 30 more minutes or until patties are cooked through.

Barbecue Meatloaf

Easier than burgers at a picnic—and tastier, too! This recipe requires a covered barbecue grill.

- 1/2 cup dry breadcrumbs
- 1 pound ground sirloin
- 1 pound ground chuck
- 1/4 cup minced onion
- 1 clove garlic, minced
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 eggs, lightly beaten
- 1/4 cup cream
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat grill to medium heat.

In a large mixing bowl, combine all ingredients. Mix until well blended and form into a loaf. Place loaf in disposable baking pan or on a sheet of heavy-duty aluminum foil. Cover with aluminum foil and seal edges.

Place on grill. Cover grill. Cook for 1 hour or until loaf reaches an internal temperature of 165 degrees. Let stand in sealed aluminum for 5 minutes after removal from grill. Serve with smoky barbeque sauce, if desired.

Bohemian Style Liver Dumplings

This traditional dish from Eastern Europe tastes very much like gourmet liver pate.

- 1 pound calves' liver
- 1/2 cup finely chopped onion
- 1 loaf wheat or rye bread, diced
- 6 eggs
- 1 cup milk
- 2 tablespoons butter
- 1 teaspoon chopped parsley
- 2 tablespoons flour
- 1/8 teaspoon nutmeg
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup prepared brown gravy (optional)

In a medium bowl, add bread to milk and soak until liquid is completely absorbed.

Trim liver and chop finely or grind in meat grinder or food processor.

In a large saucepan, melt butter. Saute onions until soft. Add liver and brown. Add onion, bread, eggs, milk, butter, parsley, flour, nutmeg, salt, and pepper. Mix well.

Form into 1-inch balls. In large saucepan, bring 2 quarts of salted water to boil. Drop balls into boiling water and simmer 15 minutes.

Drain on paper towels. Serve with gravy, if desired



Meatloaf Quesadillas

A nice change from sandwiches for leftover meatloaf.

- 1 cup crumbled leftover meatloaf, any kind
- 1 can black beans, rinsed and drained
- 1 green onion, sliced
- 1/4 teaspoon cayenne and 1/4 teaspoon cumin or 1/2 teaspoon prepared chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 4 whole-wheat tortillas
- 1/2 cup shredded Monterey jack cheese

- 1/2 cup shredded cheddar cheese
- Suggested optional garnishes: prepared salsa, sliced green onion, sour cream, cilantro, sliced black olives, diced tomato

In a large mixing bowl, combine meatloaf, beans, onion, and spices. Mix well.

In another mixing bowl, combine cheeses.

In a large saucepan, melt butter over medium-high heat. Place tortilla in pan. Sprinkle 1/4 of the cheese mixture and 1/4 of the meat mixture on the tortilla. Top with a second tortilla.

Turn over with spatula and cook until second side is golden, about two minutes. Remove from saucepan and keep warm in low oven. Repeat three more times.

Remove from oven. Slice into quarters with a pizza cutter. Serve with garnishes of your choice.

Chapter 14

Celebrations

Birthday Meatloaf Cake

The thought just boggles the mind—but then hey, why not?

- 1 cup diced onion
- 4 garlic cloves, minced
- 1 cup chopped celery
- 5 pounds ground beef
- 1 cup peeled and finely grated carrots
- 1 cup cooked green peas (1 1/2 cup if you are going to make green “frosting”)
- 3/4 cup ketchup
- 2 lightly beaten eggs
- 1 cup rolled oats
- 2 cups shredded cheese
- 1 teaspoon seasoning salt.
- 1/2 teaspoon pepper
- 6 cups potatoes, large dice
- 1 cup milk
- 4 tablespoons butter

Preheat oven to 350 degrees. Grease two 9” round pans.

Sauté onion, garlic, and celery in butter. Cook until softened, about 7 minutes.

Transfer to a bowl, and add beef, carrots, peas, ketchup, eggs, oats, cheese, seasoning salt, and pepper. Mix thoroughly. Divide into two. Spread in round pans. These two loaves are the two layers of the “cake”.

Bake for 30 minutes or until internal temperature is 160 degrees.

Let stand for 5 minutes. Remove loaves gently, using a spatula, and place on rack baking sheet to catch drips. Lightly cover with foil.

While meatloaf is in the oven, boil potatoes for “frosting”. It can be the classic white kind, or you can make blue, green, red, or orange “frosting”. Instructions for the colored varieties are found below.

For classic white “frosting”:

Drain potatoes. Mash with milk and butter until smooth.

Place 1 meat loaf on platter. Spread 1 cup warm mashed potatoes on top. Top with remaining meat loaf. Frost top and sides with 3 cups mashed potatoes.

Fill piping bag fitted with a 1/2-inch star tip with remaining mashed potatoes. Pipe borders around cake.

If you are going to make colored “frosting”, plan your design. Pipe on the white first, then rinse and dry bag and tip. Next, pipe on orange or red, then rinse and dry bag and tip. Do blue or green last. You may use different tips.

For red mashed potatoes:

- 1 can beets, heated and drained
- 4 large peeled and cubed red potatoes
- 1/4 cup sour cream
- 1-2 tablespoons balsamic vinegar, to taste
- salt and pepper to taste

Heat can of beets and drain. Cook and mash potatoes. Add beets, sour cream, vinegar, salt, and pepper.

For blue mashed potatoes:

- 4 large peeled and cubed blue potatoes
- 1/2 oz. butter

- 1 oz. Parmesan cheese
- 3 oz. minced roasted garlic
- 2 oz. sour cream
- Salt and pepper to taste

Cook and mash potatoes. Add butter, Parmesan cheese, garlic, sour cream, salt, and pepper.

For green mashed potatoes:

- 4 large peeled and cubed potatoes
- 2 tablespoons butter
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup cooked peas
- 1 package frozen chopped spinach, cook and drain well.
- 1/2 cup shredded white cheddar cheese

Boil and mash potatoes.

While potatoes are cooking, cook spinach. Drain well.

Add, butter, salt, and pepper to potatoes. Beat lightly.

Mix in peas, spinach, and cheese.

For orange mashed potatoes:

- 2 sweet potatoes
- 1/4 cup butter
- Salt and pepper to taste
- Dash of cinnamon (optional)
- 1 tablespoon brown sugar (optional)

Boil and mash potatoes. Add, butter, salt, and pepper. Beat lightly.

Add cinnamon and brown sugar if desired.

Ground Hog Day Meatloaf

No matter what Punxsutawney Phil says, spring is on its way. Let's celebrate with a salad of baby greens, carrots, and mixed sprouts and a side of asparagus.

- 8 strips of bacon
- 1 pound ground beef
- 1 pound ground pork
- 1 cup ketchup, divided in half
- 1 1/2 cups cooked rice
- 2 onions, diced
- 1 cup shredded carrots
- 1 1/2 cups cubed white cheddar cheese
- 2 eggs
- salt and pepper to taste

Preheat oven to 350 degrees.

Fry bacon until crisp. Drain and blot. Crumble six pieces. Reserve the other two pieces.

In a mixing bowl, combine ground beef, ground pork, crumbled bacon, half of the ketchup, rice, onions, carrots, cheese, eggs, salt, and pepper. Mix well.

Place in loaf pan. Cover with remaining ketchup. Place remaining 2 bacon strips on the top.

Bake for for 60 to 75 minutes or until internal temperature is 160 degrees.

Let stand 15 minutes before slicing.



Valentine Heart Meatloaf

Yes, it's been done already! You can shape your meatloaf on a baking sheet into one huge heart, use a heart-shaped cookie cutter and make individual hearts, or connect them into a heart wreath. The choices are endless, as is love.

- 8 strips of bacon
- 1 large chopped red onion
- 1 sweet pepper
- 2 cloves garlic, diced
- 2 pounds ground beef (or your favorite ground meat)
- 1 cup oatmeal
- 1 teaspoon seasoning salt.
- 1 cup milk
- 2 eggs, lightly beaten

- 1/3 cup ketchup
- 2 tablespoons Dijon mustard
- 2 tablespoons brown sugar

Preheat the oven to 350 degrees.

Sauté bacon till crisp. Blot with a paper towel and chop or crumble into bits.

Sauté onions in the bacon grease until softened. Add garlic. Cook for 1 minute. Drain grease.

In a large mixing bowl, combine bacon, onion mixture, meat, oatmeal, seasoning salt, milk, and eggs. Mix well.

If you have a heart shaped pan, you can use that. Alternatively, shape your meat mixture into one or more hearts on a baking sheet with a raised edge, or use a cookie cutter.

Bake for 30 minutes for a one large heart, less for smaller ones. Aim for a half-cooked meatloaf.

While they are cooking, combine ketchup, Dijon mustard, and brown sugar in a bowl. Mix well. (If you make lots of hearts, you may need more of this mixture.)

Remove hearts from oven. Spread with glaze, and return to oven.

Bake until done.

Cinco de Mayo Meatloaf

This meatloaf looks so festive that it would fit in well at any celebration. Queso fresco is available at most Mexican markets as well as some major supermarkets.

- 2 pounds ground beef
- 1 cup dry breadcrumbs
- 1/4 cup milk
- 1/2 cup diced onion
- 1/2 cup diced carrots
- 1/4 cup each diced red, yellow, and green bell peppers
- 2 eggs, lightly beaten
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 teaspoon cayenne
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- Queso fresco for garnish

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

Combine all ingredients except queso fresco in a large mixing bowl. Mix until well blended. Form into a loaf. Place in loaf pan.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees. Sprinkle with queso fresco.

Meatloaf Mummies

What to have for a scary main course? Mummies, of course! These are easy and as versatile as the vagaries of children's eating habits. Have fun with this recipe—it is meant to be changed to fit your needs.

- 1 pound ground beef
- 1 egg
- 1/2 cup breadcrumbs
- 1/4 cup diced broccoli or zucchini (optional)
- 1/4 diced carrots or bell pepper (optional)
- 1/4 diced onions or celery (optional)
- 1 tablespoon Worcestershire sauce
- 2 tablespoons ketchup, barbecue sauce, or any sauce you like (plus extra for dipping)
- 1 loaf of bread dough (thawed, homemade, pizza dough, roll dough, any kind you like)
- 1 tablespoon mustard, mayonnaise, or another condiment

Preheat the oven to 350 degrees.

In mixing bowl, combine the beef, egg, breadcrumbs, Worcestershire sauce, 1 tablespoon ketchup, and the vegetables of your choice. Mix very well.

On baking pan, divide mixture into the number of mummies you want to make. Shape mummies to your liking.

Flatten dough. With a sharp knife, cut into thin strips 1/4 to 1/2 inch wide.

Wrap the meat people with the strips of dough to look like mummy wrappings. Leave a small space for eyes.

Cook uncovered in the oven for 10-15 minutes, until golden brown.

Remove pan from oven. Use mustard or mayonnaise to create eyes. If you are really talented with a toothpick, you can make a large dot of mayonnaise and then a tiny dot of mustard on top. Be brave, be creative!

Serve with ketchup and anything else you like for dipping.

Q. What did the skeleton say when he sat down to eat?

A. Bone appetit!

It stands to reason you are making this for small people who can be picky about eating veggies. All vegetables are optional; they are in the recipe to inspire you to see what healthy things you can sneak into your children. Don't use any that will make them cry. Before they ask what is in it, say something like "Ewww—look, you can see his guts peeking out! There's some bloody flesh, or green moldy stuff from the tummy! Aren't we ghoulish to eat them! Here's a vat of blood [ketchup] to dip them in!"

Leftover French Onion Meatloaf

Great for making use of those Thanksgiving or Christmas leftover ingredients.

- 1 1/2 pounds ground beef
- 1/2 pound ground pork
- 1 package French-onion soup mix
- 2 eggs
- 1 cup French fried onions, crushed
- 4 cups seasoned croutons or stuffing mix
- 1 tablespoon steak sauce
- 3 tablespoons Worcestershire sauce

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

In a large mixing bowl, combine all ingredients and mix well. Form into a loaf and place in pan.

Bake for 50 minutes or until loaf reaches an internal temperature of 165 degrees.

Chapter 15

Kid-Friendly



Baby's First Meatloaf

Meatloaf for baby? Crazy, you say? It's really a great introduction to meat for baby, and so much better than that stuff in jars. Either save that quarter cup of meat when you make your own adult meatloaf, or make up a whole bunch of them at once, and freeze the rest!

- 1/4 pound ground meat (beef, lamb, pork or turkey)

- 1/2 cup any assorted fresh vegetables, shredded or pureed (carrots, green beans, peas, mushrooms)
- 1 egg, lightly beaten
- 1/2 cup bread crumbs
- 1 tablespoon Parmesan or Romano cheese
- 1 tablespoon tomato sauce

Preheat oven to 350 degrees.

Place all ingredients in a bowl and mix well. Shape into a small meatloaf.

Bake for approximately 20 minutes or until center is no longer pink.

Let sit until cool enough to feed your child.

Easiest Meatloaf Ever

This recipe is as amazingly easy as it is delicious.

- 1 cup crushed saltines
- 1 pound ground chuck
- 1/2 pound ground pork
- 1/2 cup diced onion
- 2 eggs, lightly beaten
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

Combine all ingredients in a large mixing bowl. Mix until well blended. Form into a loaf. Place in loaf pan.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

Serve with ketchup, if desired.

Brown Sugar-Glazed Meatloaf

The best things in the world combined, sweet, salty and meaty. It's a meatloaf that both men and women will swoon over. Have some slaw and baked beans with this one.

- 1 can tomato sauce
- 1/2 cup brown sugar
- 4 tablespoons lemon juice, divided: 1 tablespoon and 3 tablespoons
- 1 teaspoon dry mustard
- 1/2 teaspoon apple pie spice
- 2 pounds lean ground chuck
- 1 red onion, diced
- 1 red pepper, diced
- 1 cup seasoned croutons
- 2 eggs, beaten
- 1 teaspoon beef bouillon
- 4 oz. tomato sauce

Preheat oven to 350 degrees.

In a bowl, combine tomato sauce, brown sugar, 1 tablespoon lemon juice, mustard, and apple pie spice until smooth. Set aside.

In a mixing bowl, combine ground beef, onion, pepper, croutons, eggs, bouillon, remaining 3 tablespoons lemon juice, and 1/2 of the glaze mixture until well mixed. Form into a loaf. Place in a 9" by 5" loaf pan.

Bake for 1 hour. Pour off fat. Pour reserved glaze mixture over loaf.

Bake for 10 minutes more.

Meatloaf With Peas and Carrots

An easy meatloaf with two of kids' favorite vegetables.

- 1 1/2 pounds ground beef
- 1 cup dry breadcrumbs
- 1/2 cup diced onion
- 1/2 cup diced carrots
- 1/2 cup frozen peas, thawed
- 2 eggs, lightly beaten
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a loaf pan with cooking spray.

Combine all ingredients in a large mixing bowl. Mix until well blended and form into a loaf. Place in loaf pan.

Bake for 1 hour or until loaf reaches an internal temperature of 165 degrees.

For a real kid-friendly treat, serve with mashed potatoes and ketchup.



Ice Cream Loaf

Okay, it isn't a meatloaf, but it's a loaf—and it's so pretty when sliced! You can use any three flavors of your choice. It's prettiest if you make the choices contrasting colors. Blueberry, strawberry and peach would be a fun combination with butter cookies for a crust.

- 2 cups chocolate cookie crumbs (reserve 1/4 cup)
- 1/2 cup butter, softened
- 1 pint each of 3 different flavors of ice cream—for example, mint, chocolate, and chocolate chip

Line loafpan with tinfoil up to the top and over the edges. Grease tinfoil lightly.

Mix cookie crumbs and softened butter.

Take ice cream out to soften.

Press about 2/3 of the cookie crumb and butter mixture into the bottom of the loaf pan and along the sides as far up as it will stick.

Take one pint of ice cream and press down into pan. Dust some cookie crumb mixture on the top. Re-apply cookie crumb mixture to the sides of the pan as needed.

Repeat with second and third layers. Use the last of the cookie crumb mixture to apply to the loaf pan sides with the third layer.

Sprinkle the top with the reserved, unbuttered cookie crumbs.

Put in freezer for two hours.

Put loaf pan upside-down on serving platter. Remove pan. Peel off tin foil. Slice and serve.

Thanks for reading our book!

Any questions or comments? We'd love to hear your feedback! Please don't hesitate to send us an email at:

info@RockridgeUniversity.com

Thanks,

The team at Rockridge University Press

Bonus Section

Recipes for Kids (and Picky Eaters!)

If your child (or partner!) is a picky eater, don't fret. Here are a few tips and tricks to help make sure he gets the proper nutrition he needs to maintain his health.

- Serve smaller portions. Smaller portions let picky eaters try just a bite or two. If they don't like it, they won't feel forced to choke down a lot of food. If they do like it, they can always ask for more!
- Don't feel as if your picky eater needs to eat from every food group at every meal. As long as she maintains a balanced diet over a day or two, she will get plenty of vitamins and minerals.
- Don't allow your child to fill up on junk food or sugary snacks or drinks. If your child is thirsty, give him water or milk to drink.
- Practice what you preach. Little ones observe and imitate a lot more than we think. If your child sees you eating fast food every day or turning your nose up at new foods, chances are he won't hesitate to do the same thing.
- Make it fun. Put little notes or drawings in your child's lunch bag, or cut her sandwiches into fun shapes with cookie cutters, or serve dips with his veggies.
- Encourage your picky eater to help you out in the kitchen. Not only is cooking a useful life skill, it is also a creative outlet. If your child wants to throw a handful of raisins into his hamburger, let him—you might discover a new gourmet recipe!
- Meatloaves are a great way to slip vitamins and minerals into your picky eater's diet. Here are a few kid-friendly recipes for you to try.

Hamburger Meatloaf with Ketchup and Mustard

This is a basic meatloaf recipe with an easy ketchup and mustard topping. Kids love it served on hamburger buns. You can substitute ground turkey, pork, or lamb for half the ground beef.

- 2 eggs, lightly beaten
- 2 pounds ground beef
- 3/4 cup breadcrumbs
- 1/2 cup diced onion
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup ketchup, divided in half
- 1/4 cup prepared mustard

Preheat oven to 350 degrees. Spray a loafpan with cooking spray.

In a large mixing bowl, combine eggs, meat, breadcrumbs, onion, garlic powder, salt, and pepper. Mix well. Form mixture into a loaf. Place in loaf pan.

Bake for 50 minutes.

Remove from oven. Pour half of the ketchup over the top of the meatloaf.

Return to oven for 10 more minutes or until the internal temperature reaches 165 degrees.

Serve with remaining ketchup and mustard.

Turkey “Bungles”

Kids love these because they each get their very own whole mini-meatloaf. The unusual name undoubtedly came from a child’s mispronunciation of “bundles”!

- 1 pound ground turkey
- 1 slice stale whole-wheat bread or 1/2 cup cooked white rice
- 1 egg
- 2 tablespoons soy sauce
- salt and pepper to taste
- 1/2 teaspoon ground sage
- 1/2 teaspoon dried rosemary or 1 teaspoon fresh rosemary

Preheat oven to 350 degrees. Spray muffin tin cups with non-stick spray.

In a large mixing bowl, mix all ingredients together thoroughly. Form into large balls and place each ball in a cup of the muffin tin.

Bake for 20 to 25 minutes or until the inside of a bungle is no longer pink.

Makes 12 small loaves or 6 large ones. They can also be formed into flat patties and fried or grilled.



Porcupines

For finicky eaters, for fun, or someone like Calvin (of Calvin & Hobbes). These tasty little meatballs are one of a kind! Green eyeballs (peas) and Bake ford sweet potato fries will tempt just about everyone.

- 2 pounds ground round
- 1 cup uncooked rice
- 1 cup water
- 1 diced onion
- 1/2 cup shredded carrot
- 1/2 teaspoon Worcestershire sauce
- 4 minced cloves of garlic

- 1 teaspoon seasoning salt
- 30 oz. can tomato sauce
- 1 teaspoon sugar
- 2 cups water

Preheat oven to 350 degrees.

In a large mixing bowl, combine the beef, rice, water, onion, carrot, Worcestershire sauce, garlic, and seasoning salt. Mix well. Shape into walnut-sized balls.

In a large saucepan, brown meatballs. Drain fat.

In a large baking dish (11" by 9"), mix tomato sauce, sugar and water. Add meatballs. Stir until coated.

Bake covered for 45 minutes. Remove covering. Stir and bake for 15 more minutes.

Cheesy Meatloaf Fingers

These micro-mini cheese-stuffed meatloaves are perfect “finger food” for a buffet or potluck.

- 2 pounds ground beef
- 2 eggs, lightly beaten
- 1/2 cup dry bread crumbs
- 3 tablespoons milk
- 2 tablespoons dehydrated onion flakes
- 2 tablespoons parsley flakes
- 1 teaspoon basil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 ounces Monterey jack, mozzarella, or Swiss cheese, cut in 12 sticks
- 1/2 cup ketchup

Preheat oven to 350 degrees. Spray a shallow baking pan with cooking spray.

In a large mixing bowl, combine beef, eggs, bread crumbs, milk, onion and parsley flakes, basil, garlic powder, salt, and pepper. Mix well.

Divide meat mixture into 12 flat 1” thick sections on baking pan. Place a piece of cheese in the center of each portion of meat and wrap meat around cheese, pinching edges together to seal well.

Bake for 25 minutes or until browned.

Spoon ketchup over loaves and return to oven for 10 minutes.

Tomato Soup with Rice Meatloaf

Love the taste of soup, but want something heftier? This will fix you right up!

- 1 condensed tomato soup, divided in half
- 2 pounds ground beef
- ½ cup chopped green pepper
- ½ cup chopped celery
- 1 cup cooked rice
- 1 envelope dry onion soup mix
- 1 cup Ritz or Saltine crumbs
- 2 lightly beaten eggs
- 1/4 cup milk
- 1 teaspoon salt
- 1 teaspoon pepper

Preheat oven to 350 degrees. Lightly oil a loaf pan.

Mix half of the tomato soup and all other ingredients together in a bowl.

Bake for 45 minutes. Remove from oven. Siphon off about 1/4 cup pan drippings. Return to oven for 20-25 minutes or until the inside is 160 degrees.

Heat remaining tomato soup, the drippings and a little water if necessary to thin mixture to the gravy/sauce consistency that you like. Serve the sauce with the meatloaf.

Bonus Section

The Guide to Meatloaf Meal Planning and Side Dishes

You've just spent a lot of time chopping, dicing, and mincing. You mashed and mixed, stirred and whisked, and your delicious meatloaf is finally in the oven and starting to fill the house with its mouthwatering aroma.

The centerpiece of your meal is well on its way to satisfying the hearty appetites of your friends and family. But every beautiful picture deserves a great frame and you're thinking that the ubiquitous mashed potatoes aren't a fitting accompaniment to your masterpiece. What can you serve that will serve as a proper backdrop for your delicious main dish?

Don't panic! Here are some fantastic side dishes and even a few desserts that are sure to earn you as many kudos and thanks as the meatloaf they accompany.

Veggies

Oven-Roasted Asparagus with Olive Oil and Sea Salt

The name says it all. Even picky middle-school kids love this!

- 1 pound asparagus
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt
- 1 tablespoon lemon juice

Preheat oven to 350 degrees.

In a large mixing bowl, toss asparagus with olive oil and lemon juice. Place on non-reactive (non-metallic) baking sheet or casserole dish. Sprinkle with salt.

Bake for 5 minutes or until asparagus is crisp-tender.

Winter Root Veggies with Tart Apples

A comforting side dish that will warm you up on a chilly day.

- 1 Granny Smith apple, peeled, cored, and diced
- 1 parsnip, peeled and diced
- 1 turnip, peeled and diced
- 1 rutabaga, peeled and diced
- 1 potato, peeled and diced
- 2 tablespoons butter
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

In a large Dutch oven, bring 2 quarts of water to a boil. Add vegetables to pot. Bring water to a boil again. Reduce heat and simmer 20 minutes or until vegetables are easily pierced with a fork.

Drain and place in large mixing bowl. Add butter, salt, and pepper. Mash with potato masher. Serve warm.

Yummy Carrots

- 8 carrots, cleaned, scraped, and cut into 2-inch pieces
- 2 tablespoons butter
- 1/4 cup beef broth
- 1 teaspoon dried thyme

In large saucepan over medium heat, melt butter. Add carrots. Sauté just until golden. Add broth and thyme.

Cover and simmer just until softened, about 10 minutes. Remove with slotted spoon and serve warm.

Baked Beans

These beans will go great with barbecue meatloaf.

- 4 strips bacon
- 2 large cans pork and beans
- 1/2 cup minced onion
- 1/4 cup minced bell pepper
- 1/4 cup minced celery
- 2 cloves garlic, minced
- 1/2 cup molasses
- 1/3 cup dark brown sugar
- 1 teaspoon dry mustard
- 2 tablespoons ketchup
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Spray a casserole dish with nonstick spray.

In large skillet over medium heat, fry bacon until crisp. Remove bacon from skillet. Crumble bacon and set aside. Add onions, bell pepper, and celery to bacon drippings and sauté until onions are soft. Add garlic and sauté for 30 seconds more.

Pour beans into casserole dish. Add bacon, vegetables, and remaining ingredients and stir until well-mixed. Bake for 45 minutes.

Corn Dishes

Sweet Cornbread Muffins

These muffins would be perfect with the Tex-Mex meatloaf or any meatloaf with red or green salsa.

- 1 cup all-purpose flour
- 1 cup yellow corn meal
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup sugar
- 1 teaspoon salt
- 1 cup milk
- 2 large eggs, lightly beaten
- 1/4 cup butter, melted
- 1/4 cup honey

Preheat oven to 400 degrees. Spray a 12-cup muffin tin with non-stick spray or line with cupcake papers.

In a large bowl, mix together flour, corn meal, baking powder, baking soda, sugar, and salt.

In a separate bowl, whisk together milk, eggs, butter, and honey.

Make a well in the center of the dry ingredients and pour wet mixture into well. Stir together just until mixed. Batter may have a few lumps. Fill each muffin cup about 2/3 full.

Bake for 15 to 20 minutes or until golden brown.

Sweet Corn Cake

Masa harina is available in most Mexican markets and many mainstream supermarkets.

- 2 cups milk
- 2 cups water
- 1 15-ounce can creamed corn
- 1 egg, slightly beaten
- 1 cup yellow corn meal
- 1/4 cup masa harina
- 1/2 cup granulated sugar
- 3 tablespoons melted
- 1 tablespoon baking powder
- 1/4 teaspoon salt

Spray a microwave-proof 2-quart casserole dish with non-stick spray.

In a large bowl, whisk all ingredients together until well blended. Pour into casserole dish.

Cover and microwave for 5 to 6 minutes on high. Uncover, being careful of the steam. Stir, scraping bottom and sides of dish, and whisk until only a few small lumps remain.

Cover and return to microwave. Microwave another 5 minutes on high. Stir, scrape, and whisk again.

Serve warm, using a large spoon or ice cream scoop.

Rice and Pasta

Brown Rice Pilaf

A great side dish to accompany vegetarian or high-fiber meatloaves.

- 2 tablespoons butter, divided in half
- 1/2 cup diced mushrooms, caps and stems
- 1/4 cup diced carrots
- 1 green onion, sliced, plus 1 tablespoon for garnish
- 1 clove garlic, minced or crushed
- 1 cup brown rice
- 1 cup vegetable or chicken broth
- 2 tablespoons soy sauce
- 3 tablespoons toasted almonds

In a large skillet, melt 1 tablespoon of the butter. Sauté mushrooms and carrots just until tender. Add onion and garlic and sauté for 30 more seconds. Remove from skillet and set aside.

In the same skillet, melt remaining butter. Add rice and sauté just until browned.

Return the vegetables to the skillet. Add broth and bring to a boil.

Cover and reduce heat to a simmer. Cook 1 hour or until rice is tender.

Garnish with remaining green onions and almonds.

Easy Rice Casserole

This is an easy and kid-pleasing side dish.

- 1/4 cup butter
- 2 green onions, sliced
- 1 10-ounce can cream of mushroom soup
- 1 1/2 cups shredded cheddar cheese, divided: 1 cup and 1/2 cup
- 1/2 cup shredded Monterey jack cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups cooked rice

Preheat oven to 350 degrees. Butter a 2-quart casserole dish.

In large skillet over medium heat, melt butter. Sauté onions. Whisk in soup.

Add 1 cup of the cheddar cheese, Monterey jack cheese, garlic powder, salt, and pepper. Scoop rice into casserole dish. Add soup mixture and mix well. Top with remaining cheese.

Bake for, uncovered, 35 minutes.

Baked Mac and Cheese

A Southern favorite that kids love, too.

- 3 tablespoons butter, divided use
- 1/2 cup finely diced onion
- 1 large clove garlic, minced
- 2 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon cayenne
- 1 teaspoon ground white pepper
- 1 teaspoon dry mustard
- 2 cups milk
- 1/2 teaspoon hot sauce
- 1 1/2 cups shredded cheddar cheese, divided use
- 4 cups cooked large or medium elbow macaroni
- 1 cup dry bread crumbs
- 1/2 teaspoon paprika

Preheat oven to 350 degrees. Spray 2-quart casserole dish with non-stick spray.

In large saucepan over medium heat, melt 2 tablespoons of the butter. Add onions and saute until onions are soft. Add garlic and cook 30 more seconds. Stir in flour and cook for one minute. Add salt, cayenne, white pepper, and mustard. Gradually whisk in milk. Cook, stirring frequently, until mixture is slightly thickened. Add cheese and stir until completely melted.

Turn macaroni into casserole dish. Pour cheese mixture over top.

Melt remaining butter in a small skillet. Add breadcrumbs and paprika and toss to coat. Sprinkle crumbs over macaroni.

Bake for 30 minutes or until top is golden brown.

Potatoes

Roasted Red Potatoes with Balsamic Vinegar

- 2 tablespoons extra virgin olive oil
- 2 pounds small red potatoes, cut in quarters
- 1 green onion, sliced
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/4 teaspoon nutmeg
- 1/4 cup balsamic vinegar
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Preheat oven to 400 degrees. Spray a 13" by 9" casserole dish with non-stick spray.

In a large skillet over medium-high heat, heat oil. Add potatoes, onion, and garlic and toss to combine. Add thyme, rosemary and nutmeg. Cook, stirring frequently, for 2 to 3 minutes or until potatoes are heated through.

Place in casserole dish and bake for 30 minutes or until potatoes are almost tender. Sprinkle with vinegar, salt, and pepper and toss to coat.

Return to oven and bake 10 minutes longer or until potatoes are tender.

Scalloped Potatoes

A creamy alternative to mashed potatoes. For a tasty surprise, add a little cubed ham.

- 4-6 potatoes, thinly sliced
- 3 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon cayenne
- 1/2 teaspoon dry mustard
- 1 teaspoon salt
- 1/4 teaspoon ground white pepper
- 2 cups milk
- 3/4 cup shredded sharp cheddar cheese, divided: 1/2 cup and 1/4 cup
- 1/4 cups dry breadcrumbs
- 1 teaspoon paprika

Preheat oven to 375. Butter a 2-quart casserole dish.

In a medium saucepan, melt butter. Stir in flour and cook one minute. Add cayenne, mustard, salt, and pepper. Gradually whisk in milk. Stir in 1/2 cup of the cheese. Continue cooking until mixture is thickened.

Remove from heat. Layer 1/3 of the potatoes in dish. Pour 1/3 of the cheese mixture over potatoes. Repeat layers two more times. Mix breadcrumbs with paprika and sprinkle over casserole.

Cover and bake for 45 minutes. Uncover and sprinkle remaining cheese over top.

Return to the oven and bake, uncovered, for 15 more minutes or until potatoes are tender and cheese has melted.

Twice-Baked Potatoes

- 4 large baking potatoes
- 2 tablespoons extra virgin olive oil
- 2 teaspoons salt, divided in half
- 1/2 cup sour cream
- 1/2 cup heavy cream
- 1 tablespoon chopped chives
- 2 cloves garlic, minced
- 4 tablespoons butter
- 2 green onions, sliced
- 1/2 teaspoon ground black pepper
- 1 cup grated cheddar cheese, divided use
- 1 teaspoon paprika

Preheat oven to 400 degrees.

Scrub potatoes well and dry with paper towels. Rub with oil and sprinkle with 1 teaspoon of the salt. Place potatoes on cookie sheet and bake 1 hour or until easily pierced with a fork.

Remove from oven and allow to cool about 10 minutes. Cut the top off of each potato, reserving tops. Scoop out the center of the potato, leaving about 1/8 to 1/4 inch inside of shell.

Return shells to oven for 10 more minutes.

Place pulp in medium bowl and mash with potato masher. Add butter, garlic, onion, cream, sour cream, salt, pepper, and 3/4 cup of the cheese.

Increase oven temperature to 425 degrees. Mound cheese mixture in potato shells. Sprinkle with paprika and remaining cheese.

Return shells to oven and bake on top rack for 10 more minutes or until cheese is melted and golden.

Desserts

Cranberry-Apple Crisp

This dessert can cook right alongside the meatloaf. It would go especially well with the cinnamon apple meatloaf or a meatloaf with Craisins. It's also a great way to use up any extra fruit or rolled oats.

- 5 or 6 Granny Smith apples, peeled, cored, and thinly sliced
- 1 1/2 cups cranberries, chopped
- 2/3 cup granulated sugar
- 3/4 cup rolled oats
- 1/2 cup firmly packed light brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup all-purpose flour
- 6 tablespoons cold butter, cut up
- 1/2 cup chopped walnuts, almonds, or pecans

Preheat oven to 350. Butter an 11" by 7" baking dish.

In a large mixing bowl, mix together apples, cranberries, and granulated sugar.

In a separate bowl, combine oats, brown sugar, cinnamon, nutmeg, and flour. With a pastry cutter, cut cold butter into flour mixture until it is coarse crumbs. Stir in nuts. Sprinkle topping over fruit filling.

Bake for 45 to 50 minutes or until topping is browned and fruit is soft.

Mini Pumpkin Spice Loaves with Cream Cheese Frosting

These mini-loaves have just the right balance of festive holiday spices! If giving as a gift, top with cream cheese frosting just before giving or wrap plain loaves individually and present with a small container of frosting.

- 3/4 cup sweet, unsalted butter, softened
- 3 cups sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 cup chopped toasted walnuts or pecans
- 3/4 cup golden raisins
- 2 cups canned pumpkin

Preheat oven to 325 degrees. Grease and flour 12 mini (5" by 3") loaf pans.

In large bowl of electric mixer, cream butter. Add sugar and beating until well combined. Add eggs, one at a time, beating just until blended. Do not over-beat. Fold in vanilla.

In a medium bowl, combine flour, baking powder, baking soda, cinnamon, allspice, nutmeg, and salt. Add nuts and raisins. Add flour mixture to butter mixture alternately with pumpkin, beginning and ending with flour. Mix thoroughly. Spoon batter into mini loaf pans, filling each 2/3 full.

Bake for 45 minutes or until a wooden toothpick inserted in center

comes out clean.

Cool in pan on wire rack 10 minutes, remove from pans, and let cool completely. Frost loaves with Cream Cheese Frosting (below).

Cream Cheese Frosting

- 3 tablespoons unsalted butter, softened
- 1 3-ounce package cream cheese, softened
- 1/2 teaspoon vanilla
- 2 3/4 cups powdered sugar
- 2 tablespoons milk

In electric mixer at medium speed, beat together butter and cream cheese until well-blended and creamy. Fold in vanilla.

Gradually add powdered sugar, beating until smooth. Add milk, 1 tablespoon at a time.

Frosting will be thick. For a thinner glaze-type icing, increase milk to 1/4 cup.