

# Old-Fashioned Meat Loaf

*This is my version of the meat loaf my mother used to make. She always asked the butcher to grind the meat for her, and she used veal, not turkey. Mother always cooked it in a dark orange, lidded Le Creuset loaf pan that I now have. It is definitely comfort food, and it makes the best meat loaf sandwiches ever.*

## INGREDIENTS:

### *The Sauce*

- $\frac{3}{4}$  cup ketchup
- 3 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar

**Meat Loaf**

- 1 pound beef chuck, cut into 1-inch cubes
- 1 pound turkey breast, slightly frozen, and cut into 1-inch cubes
- 1 pound boneless pork shoulder or butt, cut into 1-inch cubes
- 2 eggs
- 1 green bell pepper, seeded and minced (about  $\frac{3}{4}$  cup)
- 1 small onion, minced (about  $\frac{1}{2}$  cup)
- $\frac{1}{2}$  cup fresh breadcrumbs
- $2\frac{1}{2}$  teaspoons salt
- $1\frac{1}{2}$  teaspoons freshly ground black pepper
- 3 teaspoons minced fresh rosemary leaves
- 2 teaspoons minced fresh thyme leaves

## INSTRUCTIONS:

Preheat the oven to 350°.

**The Sauce:** Combine the ketchup, brown sugar, Worcestershire, lemon juice and vinegar in a saucepan and bring to a simmer over medium heat, stirring. Cook until the sauce bubbles and thickens, about 5 minutes. Set aside.

Before beginning, see grinding tips on this page.

Fit an electric or hand-turned meat grinder with the coarse-

grind plate. Grind the beef. Remove the plate and clean it and the blade and auger well, removing and discarding any sinew or other bits. Repeat with the turkey and the pork.

Mix the meats together with your hands, then fit the meat grinder with the medium-grind plate and grind the meat again, if desired. Alternatively, use a food processor, pulsing the meat to a medium grind.

Put the meat in a large bowl and add the eggs, bell pepper, onion, breadcrumbs, salt, pepper, rosemary and thyme. Mix well and pack the mixture into a loaf pan, mounding it somewhat in the middle.

Bake for 30 minutes, until the meat has slightly pulled away from the edges of the pan. Remove the meat from the pan and pour off the collected fat. Return the meat to the pan and bake for 20 minutes longer. Remove from the oven and again pour off any collected fat. Spoon the sauce over the top of the meat, return the pan to the oven and bake for 10 to 15 minutes longer, until the meat has pulled away even more from the edges of the pan, indicating it is cooked through.

Remove from the oven and let stand for 10 minutes before slicing.

Serves 8

**PER SERVING:** 410 calories, 35 g protein, 16 g carbohydrate, 23 g fat (9 g saturated), 167 mg cholesterol, 1,144 mg sodium, 1 g fiber.