



Midwest Meatloaf

Farm country style originally from Eastern Europe

2 eggs, beaten
1 cup minced onion
1/4 cup rolled oats
1/4 cup chili sauce
1/3 cup ketchup
2 teaspoons Worcestershire sauce
2 garlic cloves, minced
1 teaspoon salt
1 teaspoon fresh ground black pepper
1 pound ground beef or blended wagyu beef
1 pound plant-based ground beef
1/2-pound ground smoked ham
Topping: 1/2 cup ketchup or chili sauce on top of the meat
Garnish: Herbs as desired

- Preheat oven to 350 degrees F. Line large, greased loaf pan with parchment paper.

- Combine the first nine ingredients in a large bowl; mix well with your clean or gloved hands. Add ground beef and plant-based beef; mix well.
 - Pat the meat mixture into large loaf pan; bake uncovered for 45 minutes or until loaf begins to pull away from sides of the pan.
 - Remove from oven; drain out any excess fat; spread ketchup or chili sauce over top of meatloaf.
 - Return to oven; bake for 10 minutes more or until meat thermometer inserted in center of loaf registers 160 degrees F.
 - The meatloaf will be very soft. Cool slightly and then place in the refrigerator to chill. It will be easier to cut into slices.
 - Rewarm slices; garnish the top with sauteed onions and mushrooms.
- Yield: Serves 6.

Cook's Note: Any kind of ground meat can be substituted, the original recipe used 1-1/4-pound ground beef and ground pork. Also 1/4 cup Fresh Horseradish sauce was added. I used some ketchup in place of chili sauce; the original recipe used all chili sauce. We didn't have any excess fat to remove.

About the Recipe: Meatloaf combines simple ingredients, is easy to make, and uses basic ingredients to feed a family for dinner. The texture of our meatloaf was very tender since we used some plant-based meat in the recipe. We enjoyed its delightful flavor and moist texture. Meatloaf makes a perfect partner for a large bowl of mashed potatoes or veggie mash. It's easy to see why this classic dish has a long history as a favorite dinner dish.

Recipe Story:

When John was growing up on a Minnesota dairy farm, he watched his mother garden and preserve her fruits and vegetables. He helped with the milking, butchering, hunting, and fishing. Today, he uses homestyle basics to make dishes for his own restaurant. The meatloaf and mashed potatoes are flavorful and traditional eastern European.

Recipe and story Inspired by: *Prairie Home Cooking*, Judith M. Fertig