

Meatloaf



I always hated meatloaf night when I was a kid, and I vowed that I would never serve meatloaf to my kids. But my son has atypical tastes in food. For example, he makes himself sandwiches with mayonnaise and Nutella. But also, he really likes meat. All kinds of meat. One day when he was nine years old, I asked him, "Do you think you would like meatloaf?" And he said, "What's meatloaf?" (I was really good at shielding him from the meatloaf menace.) And I replied, "It's like a loaf of bread, only it's meat." His eyes got big, and he said, "Yes!!" And so I started learning how to make meatloaf. I tried a bunch of recipes for my son's critique, and this one is the result of that experimentation.

1 T olive oil
1 T cooking sherry
1.5 cups chopped sweet onion
dash salt

Sauté until soft, then add:

2 large cloves garlic, minced
2 t thyme
2 t paprika

Cook for a minute or two, then add:

5.5 oz can of tomato juice (the bigger cans work, too)
Reduce until very thick

In the same pan, off heat, add:

3/4 c. quick oats (or 3/4 c. crushed crackers)
1/4 c goat cheese (or cream cheese or additional cheddar)
1 c shredded cheddar (about 4 slices)
1/2 c frozen corn (no need to thaw)

Mix in separate bowl:

2 eggs
1/2 t salt (or 1 t, if you used oats instead of crackers above)
1/2 t pepper
2 t parsley
3 t soy sauce
1 t mustard

Then add:

tomato-onion-cheese mixture
1.25 to 1.5 lbs lean beef

Mix well

Form into a loaf on a cookie sheet.

Toss baby carrots and new potatoes in olive oil and strew around sides (mushrooms and broccoli roast well, too).

Bake at 300 degrees for about 45 minutes, then test the temperature (or use an oven-safe thermometer). When the temperature reaches 170 degrees, top with a glaze (ketchup and brown sugar) or 2 slices of cheese (we like swiss for this).

Bacon Option: Reduce total cheese by half, then stretch out 7 or 8 slices of long bacon on a cookie sheet and roll the meatloaf up in it. This video shows how to do that, starting at about 0:46: <https://www.youtube.com/watch?v=kHcO9c0XoQ>

The bacon grease will run out on to the cookie sheet, and your vegetables will soak some of it up.