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Veggie Meatloaf

serves 6

1/2 cup finely chopped onion

2 cloves garlic

2 tablespoons butter

2 pounds ground chuck

2 eggs

1/4 cup cream

1 cup shredded carrots or yellow squash or zucchini, or a combination

2 tablespoons Worcestershire sauce

1 1/2 teaspoons salt

1/2 teaspoon freshly ground black pepper

1 teaspoon dried thyme, or 1 tablespoon fresh, finely chopped

Preheat the oven to 350° F.

Melt the butter in a small skillet over medium-low heat; add the onions and cook, stirring frequently, until they are soft and translucent but not brown, about 7 – 8 minutes. Add the garlic and cook, stirring frequently, for another minute or two. Remove from heat and set aside.

Place the remaining ingredients to a large mixing bowl; add the onion/garlic mixture. Gently but thoroughly mix with your hands, then transfer to an 8"x8" baking dish and form into a loaf shape.

Bake for 1 hour, then test to see if the center is done. If it is still pink, cover with foil and bake for another 10 to 15 minutes. Allow the meatloaf to rest for about 5 minutes before serving.