

Classic Meatloaf

Recipe By *Brynie Greisman*



Cooking and Prep:  1
h 15 m

Serves:  12

Contains:    

Preference: Meat

Difficulty: Easy

Source: Family Table by
Mishpacha Magazine

Combining two different types of ground meat lends more depth to the overall flavor. Serve with steamed squash or string beans, and roasted potatoes if desired.

Ingredients (13)

Main ingredients

- 2 slices whole wheat bread
- 2 and 1/2 tablespoons **Gefen Soy Milk**, preferably unsweetened
- 1/2 cup ketchup, divided (see note)
- 1/2 kilogram (1 pound) chopped meat
- 1/2 kilogram (1 pound) chopped turkey
- 1 small onion chopped, (sautéed, if desired)
- 1/3 cup chopped fresh parsley

- 1 tablespoon **Haddar Dijon Mustard** or dijonnaise
 - 1/2 teaspoon salt or to taste
 - 1/4 teaspoon black pepper or to taste
 - 1 teaspoon paprika
 - 1 large clove garlic crushed or 1 cube **Gefen Frozen Garlic**
 - 1 egg
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Start Cooking

Make the Meatloaf

Yield 12 slices.

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Place bread in a food processor; pulse into coarse bread crumbs. Place bread crumbs and soy milk in a small bowl and let stand for five minutes.
3. Combine this with two tablespoons ketchup and remaining ingredients.
4. Shape the mixture into a loaf and place in a pan (broiler pan is best because fat drips off) sprayed with cooking spray. Spread remaining six tablespoons ketchup over top of meat loaf. Bake for approximately one hour. Let stand for 10 minutes.

Note:

I used three tablespoons regular ketchup and three tablespoons chili-flavored ketchup to top the meatloaf. The flavor was amazing. Also, you can add sautéed mushrooms and/or chopped green peppers to the meat mixture for even more flavor. You can use any combo of chopped meat and turkey — light and dark turkey is terrific. You can even add some chopped chicken. Remember, this is not a Torah, l'havdil, and you can change it to suit your taste!

Tip:

Note the amount of parsley in this recipe. Parsley is the world's most popular herb, and it has significant health benefits as well. It's like an immune-enhancing multivitamin and mineral complex in green plant form. It has approximately three times as much vitamin C as oranges do and two times as much iron as spinach. So next time you prepare a fresh salad, chop some parsley into it.