


Vegetable-Topped Meatloaf

Recipe By Rivky Kleiman



Cooking and Prep: 
1.5 h

Serves:  8

Contains:   

Preference: Meat

Difficulty: Easy

Source: Family Table by
Mishpacha Magazine

Here is a new twist on an old classic. There are some ingredients out there that I just had to try in a new recipe. The results are an inclusive dish where you get a vegetable and protein portion in every delicious bite.

Ingredients (17)

Meat Loaf Layer

- 1 pound ground beef
- 1 large shallot, finely diced or grated
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 3/4 teaspoon salt

2 tablespoons sweet chili spring roll sauce (I used China Mehadrin)

1 egg

1/2 cup Gefen Seasoned Bread Crumbs

Vegetable Layer

2 tablespoons Gefen Olive Oil

1 medium-sized onion, diced

2 cloves garlic, crushed or 2 cubes Gefen Frozen Garlic

1 (8-oz) pkg baby bella mushrooms, sliced (or 8 ounces frozen chopped spinach, cauliflower, or broccca defrosted)

1/3 cup Gefen Honey

1 tablespoon onion soup mix

2 tablespoons Kedem Marsala Wine

1 tablespoon apricot jam

Start Cooking

Make the Meatloaf

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, mix meat loaf ingredients until combined well. Spray a large loaf pan with cooking spray. Transfer meatloaf mixture to pan and smooth top.
3. In a medium-sized skillet over a medium flame, heat the oil. Add the onions and sauté for five minutes.
4. Add the garlic and mushrooms and sauté another five minutes.
5. Add Marsala wine, onion soup mix, honey, and apricot jam. Stir until everything is incorporated well.
6. Pour vegetable mixture over the meat loaf mixture, and bake for one hour and 15 minutes.

Note:

If you can't find the spring roll chili sauce, combine one tablespoon duck sauce and one tablespoon ketchup for a

similar flavor.