

Sue's Meatloaf

*Courtesy of Sue Haas and **In Our Grandmothers' Kitchens***

Ingredients:

1-1/2 pounds meatloaf mixture (1/3 lean ground beef, 1/3 ground veal, 1/3 ground pork)
1 cup fresh breadcrumbs (I used my maple oatmeal bread, which makes great crumbs)
2 tablespoons milk
1 egg, beaten
1 small onion, finely chopped (or half of a large onion)
1 to 2 garlic cloves (according to your taste), minced
1/2 cup fresh parsley, chopped
1/4 cup fresh sage, chopped
1 teaspoon dried oregano (I used 2 teaspoons fresh since that's what I had)
1 teaspoon ground cumin
1/2 teaspoon (sweet smoked) paprika (or regular)
1-1/2 teaspoons fine sea salt
1 teaspoon ground black pepper
1 tablespoon Worcestershire sauce
1/4 cup ketchup

Instructions:

Preheat the oven to 350 degrees.

Place the meat mixture in a food processor and pulse a bit for a finer grind. Transfer it to a large bowl. Add the remaining ingredients. Mix with hands.

Put the mixture into a 9-x-5 inch loaf pan and pat into loaf shape. (I used a regular baking pan and shaped a free-form loaf.)

Bake for about 1 hour, or until the center of the meat reaches 170 degrees on a meat thermometer. (I covered the loaf for the first half hour and then uncovered it to finish cooking.)

Serve with ketchup, if desired. Serves 6.