

**GF Friendly**

**Meatloaf**

**a quick and easy, budget-saver meat dish**

There are many and varied recipes for meatloaf. This one originally called for 1 Kilo of beef mince, but because there are only two of us, I decided to reduce the quantities to 50%. This meant adjusting cooking times; so if you want to go for the big one, double the quantities of the ingredients, keep the same oven temperature, but add about 10 minutes to each stage – making it 30 minutes covered, 30 minutes uncovered. I daresay the beef mince could be substituted. Lamb and pork should be okay, as well as chicken. Cooking times, however, would bear watching and might need a slight reduction.

- 500g lean beef mince
- ½ can diced or crushed tomatoes
- ¾ cup breadcrumbs
- ¼ cup grated celery
- ¼ cup grated onion
- 1 small onion, grated
- 1 egg
- 1 tsp Worcestershire sauce
- ¾ tsp salt (optional)
- ¼ tsp oregano
- ¼ tsp black pepper



In a good size bowl, lightly beat the egg, then add the celery, onion, breadcrumbs, tomatoes and seasonings; and mix these together well. Put in the meat mince and combine using the back of a fork, breaking up the meat as you go. It needs to be evenly distributed throughout, so go by the overall colour.

Press the mixture into a suitable loaf tin or casserole, cover and bake on 165°C fan-forced (180°C conventional) for 20 minutes. Remove the cover and continue cooking a further 20 minutes, watching to ensure the top doesn't burn.

Serve on warmed plates with vegetables and gravy.

Ample for 4 large serves

Freezes well

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