

# Meatloaf Recipe

## Ingredients

### Tomato Relish

Olive Oil  
1 diced onion  
1 tablespoon of chopped garlic  
2 bay leaves  
2 bell peppers, diced  
12 ounces of ketchup  
1 tablespoon of Worchester sauce  
1 fresh thyme leaves

### Meatloaf

3 slices of white bread, torn into chunks by hand  
1/4 cup of whole milk  
1 – 2Lb package of meatloaf mix or use the meat you like  
1 teaspoon of parsley and garlic powder  
1 teaspoon of sage  
1 teaspoon of no salt seasoning  
1 teaspoon of ground thyme  
1 teaspoon of onion powder  
1 teaspoon of sea salt  
2 eggs  
Dry breadcrumbs

## STEPS

1. Preheat oven to 350F degrees
2. Mix your white bread crumbs with your milk and let it sit
3. Lightly cover the bottom of your fry pan with olive oil
4. Sauté the onions and garlic and bay leaves
5. Add your bell peppers and continue to sauté
6. Add you tomatoes
7. Add your ketchup and Worcestershire sauce
8. Simmer for 5 minutes, then turn off

## Meatloaf

1. Put your meatloaf mix in a bowl, get ready to get your hands dirty
2. Add the white bread crumb mixture to the bowl

3. Add the seasonings (garlic and parsley, sage, onion powder, ground thyme, sea salt) to the bowl
4. Add the eggs
5. Mix thoroughly. The meat will feel loose. Add some of the tomato relish (1/3 of the mixture)
6. Keep mixing, it will feel loose so add a little bit of bread crumbs to tighten it up. It should feel like a meatball in the end and you should be able to form a loaf.

Form the mixture into a loaf and put it in a shallow pan. Add about 1/3 of the tomato relish on top of the meatloaf. Bake uncovered at 350F degrees for about 1 and 1/2 hours.

Take out of the oven and let it rest for at least 1/2 hour before you cut it. Add some relish on top and

**ENJOY**