



Meatloaf

Meatloaf is the ultimate comfort food. Leftovers make a perfect sandwich when topped with lettuce and tomato and served on [Gluten-Free Sandwich Bread](#) (click to download recipe).

Prep time: 20 minutes

Cook time: 1¼-1½ hours

Makes: 6 servings

1 tablespoon extra virgin olive oil

1 medium onion, chopped

1 clove garlic, crushed

1½ pounds chopped beef or ground turkey

⅔ cup ketchup

1 teaspoon mustard

1 egg

2 tablespoons water or milk

1 (2-ounce slice) Gluten-Free Sandwich Bread, grated into crumbs (about ½-cup)

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

4 slices bacon, bacon or turkey bacon, cut in half (optional)

1. Preheat the oven to 375°F.
2. Heat the oil in a frying pan over medium-high heat for 2 minutes.
3. Add the onion and sauté for 2 minutes, or until limp.
4. Add the garlic and sauté for 30 seconds.
5. Allow the onions to cool for a few minutes. Then, place them and the remaining ingredients, except for the bacon, in a large mixing bowl, and mix well.
6. Place the mixture in a 13x9x3-inch oblong baking pan and form the mixture into an oval.
7. Top the meatloaf with the bacon slices, if desired.
8. Bake the meatloaf in the preheated oven for 1¼-1½ hours, or until the bacon is nicely browned.
9. If the bacon is not browned enough, set the oven to Broil for the last 5 minutes of cooking time.

Cooks Note: To make a complete meal, add 1-inch cubes of parboiled potatoes, 1-inch carrot pieces, and 1 large onion cut into wedges to the pan before baking. Turn the vegetables midway through cooking time.