MEATLOAF (Ray)

# Ingrediencies:

# 1 lb Ground Beef (lean) 1 lb Ground Pork (Jimmy Dean) 1 Onion (minced) 1 Red, Orange or Yellow Bell Pepper (minced) 3 cloves Garlic (minced) 1 Egg ¾ cup Bread Crumbs 1 tblsp Mayonnaise 2 tblsp Worcestershire Sauce (Lea & Perrins) 1 tblsp dry ground Thyme 1 tsp fresh ground Black Pepper 1 tsp Sea Salt Olive Oil Chicken Broth Corn Starch (Aron)

# Cooking:

# Pre-heat oven to 350° Cover bottom of Pan with Olive Oil Mix everything (except Olive Oil, Chicken Broth & Corn Starch) Blind gently but thoroughly Form into an 8” by 5” load Place into Pan, Cover Cook for 45 to 55 Minutes (until interior is 160°) Place back in Oven without lid for a 10 minutes to brown

# Gravy:

# Take Meatloaf out of Pan and place on cutting board Place Pan on stove burner set to medium Add a little Chicken Broth to the drippings in the Pan When it begins to boil sprinkle ½ tsp Corn Starch to liquid stirring the entire time If it’s not thick enough, repeat Corn Starch until it is as thick as you like\* \*remember it takes a while for the Corn Starch to thicken so don’t be too quick

# Serve with mash potatoes.

# Bon Appetit!

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