

MEATLOAF

THE ULTIMATE COMFORT FOOD

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

Meatloaf has been an American favorite for decades. While there is a myriad of recipes, most of them include bread crumbs as a binder, as well as ketchup, which is high in sugar. This recipe, adapted from Wholesum Yum, was sent to me by Faye, one of our clients. She really enjoys it. You can use the ketchup recipe in your GHS manual as a topping or just enjoy it plain.

Makes 8 servings. One serving equals 3 oz. cooked meatloaf and covers your protein for one meal.



INGREDIENTS

- 2 lbs. grass-fed ground beef
- ½ cup almond flour
- 1 small onion, diced
- 4 cloves garlic, minced
- 3 oz. organic tomato paste
- 2 Tbsp Coconut Aminos*
- 2 large pastured eggs



1 Tbsp Italian seasoning
2 tsp Pink Himalayan salt
½ tsp. freshly ground black pepper

INSTRUCTIONS

Preheat oven to 350°. Cover a shallow baking sheet with aluminum foil and set aside. In a large bowl, combine all ingredients. Mix well, but do not overmix (or meatloaf will be tough).

Transfer meatloaf onto the baking sheet, shaping it into a loaf (rectangular or oval). Spread ketchup on top (recipe below or on page 33 of your GHS manual). Bake 60-70 minutes (depending on thickness of loaf shape) until internal temperature is 160°F. Let meatloaf rest for 10 minutes, then slice and serve.

*Coconut Aminos are a worcestershire/soy sauce replacement. You can find them either in the healthy food section of the grocery store or by the soy/Worcestershire sauces.

KETCHUP

3 oz. organic tomato paste
3 Tbs. Bragg's apple cider vinegar
1 Tbsp lemon juice
1/4 tsp. celery salt
1/2 tsp. paprika
1/4 tsp. mustard powder
1/4 tsp. onion powder
1/4 tsp. garlic powder
Pinch of nutmeg and clove
Pinch of black pepper
Stevia drops, to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.