



# Grain-Free Meat Loaf

This recipe substitutes Pamela's [Nut Flour Blend](#) for cracker crumbs.

## Ingredients

- 1 TBSP oil
- 1 medium onion, chopped
- ½ cup bell peppers, chopped
- 2 cloves garlic, chopped
- 1 lb ground chuck or sirloin
- ½ lb. ground pork
- ½ lb. ground veal
- ½ cup milk or plain yogurt
- 2 eggs, large
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 1 tsp salt
- ½ tsp pepper
- 1 TBSP fresh thyme or ½ tsp dried
- ⅓ cup fresh parsley minced
- 1 medium russet potato, grated
- ⅔ cup [Pamela's Nut Flour Blend](#)
- Ketchup

## Directions

Preheat oven to 350°. Prep 9 x 13-inch pan by lining with foil or parchment and spray with non-stick spray. Set aside.

Sauté onions, peppers, and garlic in oil. Allow to cool.

Mix together milk, eggs, mustard, Worcestershire sauce, salt and pepper, thyme and parsley.

In a large bowl, sprinkle half the nut flour in bottom, add ground meats, and sprinkle with last half of nut flour and grated potatoes. Pour in vegetables and liquids and mix lightly with your hands or a wooden spoon until all incorporated. Form one or two oval loafs and place in pan. Bake about 40 minutes. Remove from oven and cover with ketchup. Return to the oven for 20 more minutes. The internal temp will be 160°. Allow to rest 20 minutes before cutting.

Chef's Note: The above specified ground meats and proportions are known as 'meat loaf mix', but if you can't find it, use all chuck or sirloin (with about 10% fat).

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