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Marjie's Meat Loaf

Ingredients:

- 2 lb hamburger, ground turkey, or ground pork (can do a combination of ground meats)
- 1 onion finely chopped (optional)
- 2 – 3 stalks of celery finely chopped (optional)
- 2 – 3 carrots finely chopped (optional)
- 1 green pepper finely chopped (optional)
- 1 summer squash finely chopped (optional)
- 1 – 2 cloves of garlic crushed
- 1 tbsp Eden Ume Plum vinegar
- 2 teas chili powder
- 1 teas cumin
- 1 – 2 splashes of Frank's hot sauce
- 1 – 2 drops of smoke flavoring
- 2 eggs
- ½ - 1 cup cooked gluten free grain (such as quinoa, millet, rice) or GF Bread Crumbs (such as Kinnikinnick)
- Sea salt to taste
- Ketchup or tomato sauce for topping (optional)

Directions:

1. Preheat oven to 350°
2. Mix all ingredients except ketchup in a large bowl (I find it helpful to mix with my hands).
3. For fussy eaters chop the vegetables very fine, maybe even puree them in a food processor.
4. Add to a 1 ½ to 2 qt baking dish, 2 bread pans, or a 12 count muffin pan. Top with ketchup or tomato sauce (optional) and cover (can use aluminum foil).
5. Bake until meat thermometer reads 170° (180° for poultry) about 1 ¼ hrs. Less for muffin pan.

*This recipe makes great lunches or sandwiches.