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## Please Share Your Best Meatloaf Recipe

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Posted by [bettyd\\_z7\\_va](#) ([My Page](#)) on Wed, Aug 31, 11 at 13:44

I haven't made meatloaf since I developed a serious allergy to onions (and later garlic) in the early 90s. The allergy is so bad, I can't be around anyone cutting onions or in the building with them being cooked.

The other day DH requested meatloaf. Back in the day, I would throw a pack of Lipton Onion Soup Mix in with the hamburger and other ingredients and call it meatloaf.

I searched for a meatloaf thread or recipes and didn't have much luck. If there is a thread, could you post a link?

I can work around the onion/garlic issue using peppers/spices etc.

DH never asks for much and he is a wonderful husband.

Can y'all help me give him an awesome meatloaf?

I would really, REALLY appreciate it.

Thanks,  
Betty

### Follow-Up Postings:



### RE: Please Share Your Best Meatloaf Recipe

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- Posted by [ann\\_t](#) ([My Page](#)) on Wed, Aug 31, 11 at 14:01

Betty,

This is my favourite meatloaf and it can be cooked early in the day and then grilled just before serving.

Unlike most meatloaves this one does not contain Ketchup or tomato sauce.

Although it has both garlic and onions, you could easily add peppers, mushrooms or other herbs to season.



#### Meat Loaf Magnolia

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1 1/2 pounds ground veal or mixture of beef and veal

1 small onion finely chopped

1 to 2 cloves of garlic

2 slices Italian/French Bread soaked in milk

2 eggs

1 Tablespoon Dijon mustard

2 Tablespoons chopped parsley

1 tablespoons of dried herbs,

(sage and Thyme, a small amount of rosemary

olive oil

#### Sauce

Green peppercorns

mushrooms

1 to 2 cups chicken broth

Saute onion in olive oil until soft. Add minced garlic and saute for 30 seconds. Do not brown garlic

Soak bread in milk

In a large bowl add meat, Dijon mustard, chopped parsley, herbs, onions and garlic and mix with hands. Squeeze bread to break up and add milk and bread to mixture. Mix well and season with salt and pepper. Saute a small piece to check for seasoning. Adjust to taste.

Shape meatloaf into a rectangle about 8 X 4 x 3 inches high and place in a small roasting pan. Bake for 30 minutes and then add a small amount of broth to the pan to prevent the bottom from becoming too brown. Bake another 30 minutes and baste with the pan juices. Add more broth if necessary. Cook another 10 minutes or until the meatloaf is nicely browned.

Let cool and wrap in foil and refrigerate. Reserve pan juices.

Make a sauce by adding some green peppercorns and sauted mushrooms to the pan juices.

Heat grill

Slice meatloaf into 1/2 inch thick slices and grill on both sides until

nicely marked and hot.

Serve with mashed potatoes

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- Posted by [foodonastump \(My Page\)](#) on Wed, Aug 31, 11 at 16:03

Here's a spin on meatloaf which I've "pushed" here a bunch of times. A definite departure from a traditional meatloaf, but it's one of my favorites. Don't leave out the arugula mayo, to me it's not great on its own but it makes the sandwich. Oh, and best part (for you) it contains no onions or garlic!

**Pancetta and Turkey Meatloaf Sandwiches**

Recipe courtesy Giada De Laurentiis

Prep Time: 20 min

Inactive Prep Time: 1 hr 0 min

Cook Time: 45 min

Level: Easy

Serves: 4 to 6 servings

**Ingredients**

- 1/2 cup plain dried bread crumbs
- 1/4 cup chopped flat-leaf parsley
- 2 large eggs, lightly beaten
- 2 tablespoons whole milk
- 1/2 cup grated Romano
- 1/4 cup chopped sun-dried [tomatoes](#)
- 3/4 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1 pound ground turkey, preferably dark meat
- 10 ounces sliced pancetta, about 10 slices
- 3 cups arugula, about 3 ounces
- 1 cup mayonnaise
- 4 to 6 Italian rolls

**Directions**

Preheat the oven to 375 degrees F.

In a large bowl, stir together the bread crumbs, parsley, eggs, milk, cheese, sun-dried tomatoes, salt, and pepper. Add the turkey and gently stir to combine, being careful not to overwork the meat.

On a baking sheet lined with parchment paper, lay out the pancetta, overlapping the slices, into a large rectangle shape. In the middle of the rectangle, place the turkey mixture, shaping into a loaf. Using the parchment paper, wrap the pancetta up and around the turkey loaf to cover completely. Squeeze the parchment-covered loaf with your hands to secure the pancetta and solidify the shape of the loaf. While still covered in parchment, bake the loaf until the internal temperature reaches 165 degrees F on an instant-read thermometer, about 45 minutes. Remove from the oven and let cool.

In a blender, combine the arugula and the mayonnaise and process until smooth. Store in the refrigerator until ready to serve.

To make the sandwiches, slice the rolls and spread with the arugula mayonnaise. Slice the turkey meatloaf and place on the rolls to make sandwiches.

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- Posted by [caliloo \(My Page\)](#) on Wed, Aug 31, 11 at 18:10

Of all the recipes I've tried that have been posted here (and others that haven't) my PERSONAL favorite is SharonCB's recipe. Her notes indicate she uses a brand of canned tomatoes, I use condensed tomato soup. We all love it this way.

Alexa

\*\*\*\*\*

**WORLDS BEST MEATLOAF SHARONCB**

- 1 1/2 cups soft bread crumbs - (tear up soft sliced bread - don't use fine crumbs as for breading)
- 1 1/2 lb ground meat (beef or pork & beef) (about 700 grams)

1 beaten egg  
 1 onion chopped fine  
 1/4 teasp dry Colman's (or similar) mustard  
 1/8 teasp ground sage  
 1/2 teasp ground thyme  
 1 1/2 teasp salt  
 1/4 teas pepper  
 1/8 teasp nutmeg  
 1 chopped green pepper  
 1 tin condensed tomato soup (eg Campbells's)  
 3/4 cup grated celery  
 3/4 cup grated carrot  
 1) Mix meat with egg, add onion and seasonings and bread crumbs, greens and carrots  
 2) Add half the tin of soup and mix everything well. Turn into greased loaf pan or glass casserole dish 8.5 x 11 inches and pour remaining soup over the top, smoothing it evenly over all.  
 3) Bake 350 F (177 C) for 1 1/4 hours.

Notes:

1) I use 'tomate frito' instead of the condensed soup. It's a rich fried Spanish tomato puree but otherwise condensed soup is good. Never use ketchup !  
 2) I usually double the amount of the ground spices with the exception of salt.  
 SharonCb

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- Posted by [walnutcreek \(My Page\)](#) on Wed, Aug 31, 11 at 18:19

This is the meatloaf recipe I have used for many years. Friends and [family](#) are always requesting the recipe. It does have onion and garlic salt, but you can leave those out.

Adeline's Meatloaf

1 cup oatmeal  
 2 pounds ground round  
 2 eggs  
 1/4 green pepper, chopped  
 1 large onion, chopped  
 2 t salt  
 1/2 t garlic salt  
 1/4 t celery salt  
 1/2 t dry mustard (I use Coleman's dry mustard in a yellow tin found with the spices)  
 1/4 t pepper  
 1 T Worcestershire sauce  
 1/4 cup milk  
 1/4 cup catsup

Mix oatmeal and ground round - do not overmix. You can either chop green pepper and onion and add to ground round/oatmeal mixture, then add all other ingredients OR YOU CAN DO WHAT I DO AND TAKE THE EASY WAY TO DO IT - I put rest of ingredients from eggs through catsup in blender, then blend until everything is very thoroughly blended, then pour into ground round/oatmeal mixture and mix well (better to do this using both hands to mix). Put into baking pan and bake at 350 degrees for approximately 50-60 minutes.

I have used this meat loaf recipe for many, many years (since late 1950s or early 1960s). It honestly is better than any other meat loaf recipe I have tried.

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- Posted by [kathleenca \(My Page\)](#) on Wed, Aug 31, 11 at 18:39

Betty, I have made this meatloaf since the mid-70s when I discovered the I Hate to Cook Book by Peg Bracken. I especially like it because it doesn't have tomato-anything in it. Even DH who swore he disliked meatloaf asks for this one on occasion. It won't suffer without the onion (do you also react to dried onion and onion salt?)

Swiss Loaf

2 lb hamburger  
 1 1/2 c. diced Swiss cheese  
 2 beaten eggs  
 1/2 c. chopped onion

1/2 c. chopped green pepper  
1 1/2 tsp salt  
1/ tsp pepper  
1 tsp celery salt  
1/2 tsp paprika  
2 1/2 c. milk  
1 c. dry bread crumbs

Mix ingredients together in the approximate order listed. Press into a greased 9x5 loaf pan. Bake, uncovered, at 350 degrees 1 1/2 hr. to 1 3/4 hr.

Even better the next day. Freezes well.

(This is a large meat loaf; I use a 10x5 loaf pan. I put it on a cookie sheet - the juices usually run over.)

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- Posted by [sally\\_grower \(My Page\)](#) on Wed, Aug 31, 11 at 18:43

This is the best meatloaf I've ever made. You could just leave out the onions and there is so much flavor in it with the sauce, I doubt you'd miss the flavor.

Barbecue Meat Loaf

1-1/2 pounds ground beef  
1-cup fresh breadcrumbs  
1 onion chopped  
1 egg, slightly beaten  
1 tsp salt  
1 tsp pepper  
2 8-ounce cans tomato sauce  
2 T vinegar  
3 T brown sugar  
2 T prepared mustard  
2 T Worcestershire sauce

Mix together the beef, breadcrumbs, onion, egg, salt, pepper, and 1/2 cup of the tomato sauce. Form this mixture into a loaf and place it in a shallow pan. Stir together the remaining tomato sauce, vinegar, sugar, mustard, and Worcestershire. Pour this sauce over the meatloaf. Bake @350 for 1 hour, basting occasionally with the pan juices.

Paula Deen

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- Posted by [jessicaml \(My Page\)](#) on Wed, Aug 31, 11 at 18:55

John started a good meatloaf thread a while back, and my favorite meatloaf recipe is at the end (from the Cheap, Fast, Good Cookbook). It does call for onion and garlic, but perhaps the other veggies and the topping would give it enough flavor. There are plenty of other tasty-looking recipes here as well!

Here is a link that might be useful: [The Intra-Marital Loaf Thread](#)

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- Posted by [oklamoni \(My Page\)](#) on Wed, Aug 31, 11 at 20:25

I don't have a recipe, and my loaf doesn't have tomato of any kind in it.

Ground beef, as lean as you can get.

season to your liking ( I use salt, pepper, garlic powder, diced onion, Italian seasoning, a dash of rosemary powder)

add an egg or two, depending on how much meat you use

some bread crumbs

Mix all the above, and shape in to a loaf.

Brown on top and bottom in a fry pan, then transfer to a slow cooker, and add a small can of beef stock. Cook on low about all day long.

Thicken the juices to make a gravy and serve with your tators and vegetable of choice.

Moni

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- Posted by [georgysmom \(My Page\)](#) on Wed, Aug 31, 11 at 22:46

I've been making the same meat loaf recipe sally grower posted for over 40 years. I use 1 C oatmeal instead of bread crumbs. Love it.

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- Posted by [bettyd\\_z7\\_va \(My Page\)](#) on Wed, Aug 31, 11 at 23:01

Oh My Goodness!

DH will be really happy by the time he gets to try all of these. I can't wait to see which is his favorite.

Ann, He loves meat and potatoes, so I know he will dig into your's. Shucks, I want some now!

FOAS, I've always loved to watch Giada cook. It's hard to believe there are no onions or garlic in one of her recipes. (Same thing with RR) My family has decided that as skinny as Giada is, the only food that goes in her mouth is the forkful or spoonful that she eats on the show!

Alexa, Of course it is the world's best meatloaf if the recipe is Sharon's. I've loved her posts since I found this forum, but somehow missed the meatloaf recipe.

Adeline, (You are Adeline, right?) I always used oatmeal in my original recipe. It is good, isn't it?

Kathleen, yes, unfortunately, even dried onion, onion powder and onion salt. Your recipe sure sounds good.

Sally, Mmmmm... BBQ meatloaf sounds so delish. When I saw this was Paula Deen's the first thing I thought was, "Where's the butter?" lol

Jassica, Thanks for the link. I'm in meatloaf heaven.

Betty

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- Posted by [dcarch \(My Page\)](#) on Wed, Aug 31, 11 at 23:36

You can have a lot of fun with that humble meatloaf.

I start out with a basic recipe and play with the ingredients.

dcarch







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- Posted by [bettyd\\_z7\\_va \(My Page\)](#) on Thu, Sep 1, 11 at 6:41

Moni, I never thought of using the crock pot for meatloaf.  
Hot & delish when I walk in the door.

Georgysmom, I always used oatmeal back in the day. I'm going to try the breadcrumbs and see how it works out.  
I may go back to the oatmeal in the end.

Dcarch, What can I say? You could have a best seller cookbook based on your pictures, alone. I bet it is so much  
fun to eat at your house.

Can I come hang out with you?

I'm roasting a chicken today so I can make fresh chicken broth. Then the meatloaf fun begins!

Thanks again, everyone. I knew I could find help here. :)  
Betty

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- Posted by [caboodle \(My Page\)](#) on Thu, Sep 1, 11 at 9:33

Betty, this one is from America's Test Kitchen. We love the texture and it's the most moist meatloaf I've ever  
tasted. Be sure to use ground pork and not sausage for part of the meat. Oh, and the recipe calls for saltines or  
fresh bread crumbs, but I can vouch only for the bread crumbs. :)

All-American Meatloaf (America's Test Kitchen)

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1 onion  
2 cloves garlic, minced  
1/2 tsp thyme

1/2 cup ketchup  
1/4 cup brown sugar  
4 tsp vinegar

2 large eggs



1/2 cup milk, plus extra as needed  
2 tsp Dijon mustard  
2 tsp Worcestershire  
1 tsp salt  
1/2 tsp pepper  
1/4 tsp Tabasco sauce  
1 lb ground beef  
1 lb ground pork  
2/3 cups crushed saltines or 1 1/3 cups fresh breadcrumbs  
1/3 cups minced fresh parsley

Saute onion; add garlic and thyme at very end.

Mix ketchup, sugar and vinegar; set aside.

Mix rest of ingredients together until evenly blended and mixture doesn't stick to side of bowl. If it does add additional milk, 1 T at a time, until it no longer sticks.

Turn onto a foil-lined sheet and shape into a 9x5 free-form loaf.

Brush with half the ketchup mixture. Bake at 350 degrees for 45 minutes.

Brush with remaining ketchup mixture and continue to bake 15 more minutes or until thermometer inserted to center measures 160 degrees. Let stand up to 20 minutes before serving.

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- Posted by [hawk307 \(My Page\)](#) on Thu, Sep 1, 11 at 10:31

BettyD:

Sorry about the allergies.

I saw a few recipes that sound good.

If you do not want to use Ketchup or Tomato Soup,  
you can substitute Cream Of Mushroom Soup.  
LOU

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- Posted by [wizardnm \(My Page\)](#) on Thu, Sep 1, 11 at 11:49

Caboodle, I use that recipe too.

For years I made meatloaf the way my DM did, rather plain. When I tried others I always went back to Moms....until I tried the recipe Cabootle posted. Now it's my favorite and adding thyme made all the difference in the world.

Nancy

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- Posted by [bettyd\\_z7\\_va \(My Page\)](#) on Fri, Sep 2, 11 at 3:54

Caboodle, Your recipe sounds delish with all of the various ingredients. Lots of flavor.

Lou, Thanks. You would be surprised what food items have onion and/or garlic. I have to make my own ketchup, tomato soup and any cream soups. Most brands of Worcestershire sauce and some mustards have garlic as an ingredient. Makes cooking a challenge and more time consuming. It takes longer to grocery shop because I have to read every label. I have to get creative when making salsas, etc.

You can imagine the difficulty when going to restaurants or even friend's houses for dinner.

Nancy, I love Thyme. It over-winters in my garden most of the time.

Thanks again for all of the help. I'm sure DH will be happy when he is served his meatloaf.

Betty

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- Posted by [caboodle \(My Page\)](#) on Fri, Sep 2, 11 at 3:54

Nancy, I think the ground pork makes a big difference, too. I've shared the recipe with a few family members and it's their "all-time-favorite," also. I didn't like meatloaf until I tried this recipe.

Judi

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- Posted by [nancylouise \(My Page\)](#) on Fri, Sep 2, 11 at 8:32

I don't think I have ever made the same meatloaf recipe more than once. I guess you could call my take on meatloaf a kitchen sink recipe. Anything I have on hand goes into it.

I have a basic recipe to start with;

2 lbs ground beef & ground pork mixture  
1 TBS onion powder  
1 TBS garlic powder  
2 lrg eggs, slightly beaten  
1 tsp Worcestershire sauce  
1 cup fresh bread crumbs or oatmeal  
large handful chopped parsley  
salt & pepper

Then if I have some salsa that goes in. BBG sauce, sure that goes in too. Grated cheese, garlic and onion jam, bacon, relish, hot sauce and ketchup have all been ingredients in one of my meatloaves. The combinations are endless. lol NancyLouise

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- Posted by [teresa\\_nc7 \(My Page\)](#) on Fri, Sep 2, 11 at 10:17

I found this recipe first in a Marcia Adams cookbook on Amish recipes and culture. It's still excellent.

Amish Swiss Meat Loaf Recipe

1 egg  
1/2 c. evaporated milk  
1/2 tsp. rubbed sage  
1 tsp. salt  
1/2 tsp. black pepper  
1 1/2 lb. lean ground beef  
1 c. Ritz cracker crumbs  
3/4 c. grated Swiss cheese  
1/4 c. finely chopped onion  
2-3 strips bacon, cut in 1" pieces

Preheat oven to 350 degrees. Beat the egg in a large bowl. Add evaporated milk, sage, salt and pepper, and mix. Add beef, crumbs, 1/2 cup of the cheese and the onion; blend. Form into a loaf and place in a 2 quart rectangular baking dish. Arrange bacon pieces on top of loaf. Bake 40 minutes. Sprinkle remaining cheese on top and bake 10 minutes longer.

Teresa

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- Posted by [cloudy\\_christine \(My Page\)](#) on Fri, Sep 2, 11 at 14:25

Dcarch, am I seeing *coffee beans*?

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- Posted by [shambo \(My Page\)](#) on Fri, Sep 2, 11 at 15:42

Caboodle and Nancy, I've got everything to make the ATK meatloaf recipe except the parsley. I don't want to go out shopping for just one item. Do you think I could get by without it? I have dried parsley, but I'm sure that wouldn't work. I have some zucchini and carrots in the crisper, but the only leafy type vegetable I've got is fresh spinach. Maybe I could substitute that. What do you think?

Sue

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- Posted by [hawk307 \(My Page\)](#) on Fri, Sep 2, 11 at 23:23

BettyD:  
Here is something I found on the Internet, for Garlic and Onion Allergies.

Hope it will help !!!  
LOU

\*\*\*\*\*

Aromatics Beyond Onions and Garlic:  
No unrelated vegetable has quite the same taste as onions or garlic. But some aromatics that may be safe for your allergies are good options for cooking:

- $\frac{1}{2}$ Fennel has a licorice-like taste but onion-like texture. Try it with chicken or fish.
- $\frac{1}{2}$ Celery is among the most common aromatics.
- $\frac{1}{2}$ Bell peppers are often used in Cajun cooking. Green peppers and celery are a good base for rice dishes or savory stews.
- $\frac{1}{2}$ Carrots are used as an aromatic in French cooking in combination with celery.
- $\frac{1}{2}$ Celeriac, or celery root, is the knobby root of one variety of celery. Peeled and diced, it can be used as an aromatic in sauces or stews.

Herbs and Spices for Onion and Garlic-Free Cooking:  
Garlic chives, an herb with a garlicky flavor, are an obvious substitute, but be careful if you're managing a true food allergy: chives are in the allium family. Ask your allergist before eating them.

Here are some herbs and spices you may find useful:

- $\frac{1}{2}$ Peppercorns: white, pink, or Szechuan pepper can add different flavors to your cooking.
- $\frac{1}{2}$ Cumin's distinctive taste that may work well in some recipes, especially where garlic is used raw.
- $\frac{1}{2}$ Horseradish, freshly grated, can add some of the pungent notes you might otherwise lack.
- $\frac{1}{2}$ Ginger and galangal have distinctive flavors but may be useful in stir-fries as aromatics.

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- Posted by [deditired \(My Page\)](#) on Sat, Sep 3, 11 at 10:33

Teresa, that one sounds good, although I would leave out the sage. Just my preference.

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- Posted by [lyndaluu2 \(My Page\)](#) on Sat, Sep 3, 11 at 12:03

Thanks for all the meatloaf recipes....I'll have to try each one and decide which is the best.  
Linda

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- Posted by [hawk307 \(My Page\)](#) on Sat, Sep 3, 11 at 14:41

Caboodle:  
I use Pork in my Meatloaf and Italian Hamburgers and meatballs.  
Sometimes I use Sausage but Bettyd can not use Garlic or Onions.  
\*\*\*\*\*

lindaluu2:

All the recipes are basically the same, so while you are testing,  
why not divide the meatloaf into 3 sections and put whatever into each and record what you added.

You can mark each section with toothpicks , or whatever.

Try some Mushroom soup in one section it is good.  
Save some of the best for me.

LOU

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- Posted by [dcarch \(My Page\)](#) on Sat, Sep 3, 11 at 15:42

Posted by cloudy\_christine "Dcarch, am I seeing coffee beans? "

I added some black beans. To give softer texture and to balance out meat protein.

dcarch

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- Posted by [cloudy\\_christine \(My Page\)](#) on Sat, Sep 3, 11 at 15:56

Oh. The line down the center made me think they were coffee beans.

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- Posted by [caliloo \(My Page\)](#) on Sat, Sep 3, 11 at 16:43

I have the ATK recipe ready to go in the oven. It came together beautifully and I am really excited about how it looks..... maybe there is room for 2 fav recipes in my collection!

Thanks for posting all the recipes!

Alexa

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- Posted by [bunnyman \(My Page\)](#) on Sat, Sep 3, 11 at 18:32

I wing it... any partial boxes of crackers, bread crumbs, ground meat, couple eggs... handful of oatmeal if desired.

I like about a teaspoon of cream of wheat cereal... it soaks up the juice so the meatloaf juice does not run out.

If you got kids around toss in a handful of goldfish crackers. Not the best tasting but kids get a kick out of fish in the loaf.

:)  
lyra

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 **RE: Please Share Your Best Meatloaf Recipe**

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- Posted by [bettyd\\_z7\\_va \(My Page\)](#) on Tue, Sep 6, 11 at 8:22

Lou, Thanks for the aromatic list.

I've been growing fennel for the butterflies, I guess I need to "borrow" some to try in our food.

I want to try some peppercorns. Ann T's meatloaf recipe calls for green peppercorns. Do they have a long shelf life or can they be frozen and used as needed?

I use most of the others on the list. I still want to grow some celeriac to try.

Still haven't talked DH and DS into eating anything with horseradish. They both STRONGLY dislike it. I love the 'nose burn'!!

I also love the 3 in 1 meatloaf idea. I'm making a store run today for some of the ingredients I don't have on hand, and will do the 3 in 1 trial to save time and liven up the dinner.

Lyra, LOL I love the fish in the loaf idea, but do they eat the meatloaf?

Thanks again, everyone.  
Betty

## ★ RE: Please Share Your Best Meatloaf Recipe

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- Posted by [ann\\_t \(My Page\)](#) on Tue, Sep 6, 11 at 10:05

Betty, buy dried green peppercorns. Keep them in a jar in your pantry. They keep almost indefinitely. I use them in lots of different sauces and gravies.

They also sell green peppercorns bottled in brine. I NEVER use that type because the brine effects the flavour of whatever you use them in.

Ann

## ★ RE: Please Share Your Best Meatloaf Recipe

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- Posted by [annie1992 \(My Page\)](#) on Tue, Sep 6, 11 at 10:17

Betty, I love fennel, give it a try if you like licorice.

I use the Mama's Meatball recipe for meatloaf, but I use the ATK topping, my girls love it.

Chef Rocco Dispirito's Mama's Meatballs

1/3 cup chicken stock  
1/4 cup diced yellow onions  
1 clove garlic, minced  
1/4 cup fresh flat-leaf Italian parsley, chopped fine  
1/2 lb ground beef  
1/2 lb ground pork  
1/2 lb ground veal  
1/3 cup plain breadcrumbs  
2 eggs  
1/4 cup parmigiano-reggiano cheese, grated  
1 teaspoon red pepper flakes  
1 teaspoon salt  
1/4 cup extra virgin olive oil  
3-6 cups of your favorite marinara sauce

1. Place the chicken stock, onion, garlic, and parsley in a blender or food processor and puree.
2. In a large bowl, combine the pureed stock mix, meat, bread crumbs, egg, Parmigiano-Reggiano cheese, red pepper flakes, and salt.
3. Combine with hands until mixture is uniform, do not overmix.
4. Form mixture into a loaf and place in a shallow pan. Bake at 350F for 30 minutes.
5. Mix 1/2 cup catsup, 4 tsp cider vinegar and 1/4 cup of brown sugar. Pour half of mixture over meatloaf and return to oven. Bake 15-20 minutes longer, add more sauce, bake until done.

My family likes this because the onion is blended and so it's a "smooth" meatloaf with no chunks of anything.

Annie

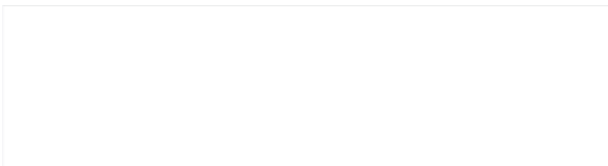
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