
Meatloaf with Italian Sausage

My own combination, 2016



- 2 pounds lean ground beef
- 1 pound Italian sausage, removed from casing (pork or turkey)
- 3 large eggs
- 2/3 cup onion, diced
- 2 small carrots, finely diced
- 1 cup celery, finely diced, including leaves
- 2 tablespoons canola oil
- 1 tablespoon dried thyme
- 2 teaspoons dried basil
- 1/2 teaspoon Slap Yo Mama seasoning, or other spicy Cajun-style dry seasoning
- 1/2 teaspoon freshly ground black pepper
- 3 slices white bread
- 1/2 cup milk (may need slightly more)
- 1 cup Parmigiano-Reggiano cheese, grated
- 2/3 cup ketchup, for topping

Per Serving (excluding unknown items): 418 Calories; 32g Fat (69.0% calories from fat); 22g Protein; 10g Carbohydrate; 1g Dietary Fiber; 140mg Cholesterol; 557mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 12

1. In a small bowl break up the white bread with milk and let sit about 5-10 minutes. Using your fingers, break up the mushy bread so there are almost no visible pieces.
2. In a medium saute pan heat the canola oil and add the vegetables (onions, carrots and celery). Cook them until they are completely limp. Set aside to cool.
3. In a very large bowl combine the meat, eggs, thyme, basil, Slap Yo Mama seasoning, pepper and Parmigiano cheese. When vegetables have cooled sufficiently, pour into the bowl along with the bread/milk mixture. Gently massage the meat until there are no streaks of egg or any chunks of bread and more-or-less the mixture is homogenous. The less you "work" the meat, the more tender it will be.
4. Preheat oven to 350°. Use a large, rimmed baking dish and carefully pour the meatloaf mixture into the dish, using your hands to mush it into a very long and wide oval. Press ends in so they are not pointed, if possible. Pour ketchup over the top of the meatloaf and spread out to the edges without it dripping down the sides (it will burn there). Bake for about 90 minutes, or until the meat reaches 155-160°F on an instant read thermometer. Remove from oven and allow to sit for 10-15 minutes, tented with foil. Using a baster, remove the grease from the pan and carefully, using 2 large spatulas, remove the meatloaf to a serving dish larger than the meatloaf. Or, slice the meatloaf in the baking dish. Once meatloaf is cool it will be easier to remove and store leftovers. Makes wonderful sandwiches.