



Sexy meatloaf

This recipe is so versatile, delicious and healthy that it deserves to be called sexy. Great quality grass-fed beef has more omega-3 fat and is more nutrient dense than conventionally raised beef.

This recipe can take a LOT of leafy greens adding to its nutrient content. Leftovers are delicious so make extra

Ingredients:

- 2 lbs good quality ground beef (pork, veal, lamb or a combination works also)
- 1 large onion chopped fairly fine
- 1 onion cut in half
- 3 large cloves of garlic (or more) chopped fine
- 2-3 cups of finely chopped greens (kale, parsley, spinach, chard, beet greens... or a combination)
- 3 tablespoons of Worcestershire sauce
- 1-2 generous tablespoons of Dijon mustard
- 1.5 teaspoons of sea salt
- several generous grinds of pepper
- 1 beer
- 2 cups of good quality beef or chicken broth
- 3 whole cloves
- 2-3 bay leaves
- 1/2 cup ketchup to coat the meatloaf (optional)



Directions:

- Preheat oven to 425 degrees Fahrenheit
- Sauté chopped onion and garlic in a little olive oil (you can skip this step but it adds a lot of flavour to the meatloaf) If you have a Dutch oven or Creuset-type pot, you could use it here. When the onions are almost done, add the chopped greens until they're just wilted.
- In a large bowl; combine meat, Dijon, Worcestershire, salt, pepper, sautéed onions, garlic and wilted greens.
- Thoroughly mix all of the ingredients; I use my clean hands for this step. Knead the meat mixture for about 2 minutes. Light kneading will hold the meatloaf together and make it easy to slice once it's cooked.
- Form meatloaf and transfer back to your Dutch oven or to a roasting pan. You can make one large meatloaf or 2 or 3 smaller ones.
- Coat the top of the meat loaf with ketchup if using (Dijon is also good) cook for 25-30 minutes or until meatloaf is nicely browned.
- Add the beer, broth, onion, cloves and bay leaves (I sometimes add in some carrot or celery to give even more flavour to the sauce) reduce the heat to 325 and let cook covered for 40 minutes or so, remove lid and allow to cook for another 20 minutes uncovered. Total cooking time will depend on the size of your meatloaf.
- Once done, transfer meat loaf to a platter and lightly tent with tin foil. Allow to sit for about 10 minutes while you prepare the sauce.
- To prepare the sauce; strain out the cloves, bay leaves and vegetables, taste and adjust seasoning.
- The sauce can be thickened at this point or used as is. To thicken; mix 2 tablespoons of cornstarch in a bit of cold water to form a smooth paste, gradually add the cornstarch mixture to the boiling sauce until you get the desired consistency.
- Slice and arrange meatloaf on a platter, pour a little sauce over to keep it moist.

Enjoy,