

Meat Loaf

Ingredients:

- * 1 LB Ground Turkey or Beef*
- * 1 Egg
- * Spanish Rice, cooked
(I use boxed Spanish Rice, which also calls for
a can of diced tomatoes with green chiles)
- * Ketchup

375

Uncovered- 1 Hour 15 Minutes

If still pink in center- Check every
15 Minutes.

Directions:

1. Make Rice as directed and set aside to cool. Be sure that the rice is cool enough to touch before moving on to the next steps.
2. With your hands, mix the Egg and Meat. (I recommend wearing gloves)
3. Mix the Rice in slowly (**small amounts at a time**). I'd estimate about $\frac{1}{3}$ of the rice should mix in. The rest of the rice can be served as a side to go with your meatloaf! ****Be careful that you don't get the raw meat in with the extra rice (ie. Don't scoop it out of the bowl of rice with the same spoon/hand you're mixing with)**
4. Spread mixture evenly in a well-greased/sprayed Loaf Pan.
5. Squirt a generous amount of Ketchup on top and spread it evenly (the more the merrier).
6. **Bake UNCOVERED at 375° for 1 Hour and 15 Minutes.**
7. If the Meat is still pink after suggested cook time, place it back in the oven and check it every 15 Minutes.
 - For mini-loaves you might have a lower cook time and check it every 5-10 minutes afterwards.

**** It is important to check your meatloaf on time because not many people like *dry* meatloaf. You can always add more time, but once it's over-cooked there's no going back!**

8. Serve with potatoes, veggies, and/or remaining Spanish Rice.

* The type of meat you choose will change the texture and amount of liquid in your meatloaf. You might experiment with the different ratios (80/20, 90/10, etc.).