

# Creole Meatloaf



**Plan Z Phase:** This is a Z2 (ZReduction) recipe.

This is a wonderfully moist meatloaf. It has a kick from the Cajun spices but not all that much. You can zip it up more by using a higher level of spice or switch that out altogether for something more plain and mild. This transports well to work. Many love cold meatloaf or you can heat it in the microwave. You can even take this to a party as a buffet item!

**Servings:** Serves 6, 1" wide pieces

## **Ingredients:**

- 1/3 cup of finely chopped celery
- 1/3 cup of finely chopped green bell pepper
- 1/2 cup of finely chopped onion
- 2 pounds of ground sirloin or 93/7 ground beef
- 2 Tbl of Worcestershire sauce
- 1/3 cup of seasoned bread crumbs
- 1/3 cup of canned tomato sauce (No sugar. Hunts is a good brand)
- 2 – 3 tsp of Cajun seasoning (No sugar)
- 1 tsp of garlic powder

## **For the topping:**

- 1/3 cup of tomato sauce
- 3 Tbl of tomato paste
- 1 Tbl of Worcestershire sauce

## **Instructions:**

Preheat oven to 350 degrees.

Chop the veggies and toss in a big bowl. Add the beef, Worcestershire, tomato sauce and seasonings. Now dig in with your bare hands and mix it all up. Get good and squishy mixing this so the bits are thoroughly dispersed.

Grease a loaf pan with olive oil spray. Put the meat mixture inside and lightly pat down to form a loaf. I go around the edges so sort of make those dip down further than the rounded top surface. This is not necessary; just makes it look a little more like a loaf.

Bake for 45 minutes. Then mix up the sauce portion. Take the meatloaf out of the oven and spread the sauce on top. Put back in the oven to bake for 15 minutes more.

Take it out when it's been an hour total. Let it rest on the stove for up to 10 minutes. Then cut it into 1" wide slices. One portion when on ZReduction is one slice. In ZReboot you can have more. Carefully remove them with a spatula or the slices will break apart. The first one is always the hardest one to get out.

When in ZReduction... this is  $\frac{1}{2}$  of your bread portion because of the crumbs that are in there.

You can have your full veggie portion because no one piece will have very much of the diced bits.

Enjoy!

Cheers,