

MEATLOAF

By Dr. Cindy Tanzar

Meatloaf has been an American favorite for decades. While there are a myriad of recipes, most of them include bread crumbs as a binder, as well as ketchup, which is high in sugar. This recipe lacks the sugar when using our homemade ketchup recipe (see below) and is enjoyed by all of our clients.

Makes 8 servings.



INGREDIENTS

- 2 lbs. grass-fed ground beef
- ½ cup almond flour
- 1 small onion, diced
- 4 cloves garlic, minced
- 3 oz. organic tomato paste
- 2 Tbsp Coconut Aminos*
- 2 large pastured eggs
- 1 Tbsp Italian seasoning
- 2 tsp pink Himalayan salt
- ½ tsp. ground black pepper



INSTRUCTIONS

Preheat oven to 350°. Cover a shallow baking sheet with aluminum foil and set aside. In a large bowl, combine all ingredients. Mix well, but do not overmix (or meatloaf will be tough).

Transfer meatloaf onto the baking sheet, shaping it into a loaf (rectangular or oval). Spread ketchup on top. Bake 60-70 minutes (depending on thickness of loaf shape) until internal temperature is 160°F. Let meatloaf rest for 10 minutes, then slice and serve.

*Coconut Aminos are a Worcestershire/soy sauce replacement. You can find them either in the healthy food section of the grocery store or by the soy/Worcestershire sauces.

KETCHUP

- 3 oz. organic tomato paste
- 3 Tbs. Bragg's apple cider vinegar
- 1 Tbsp lemon juice
- 1/4 tsp. celery salt
- 1/2 tsp. paprika
- 1/4 tsp. mustard powder
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- Pinch of nutmeg and clove
- Pinch of black pepper
- Stevia drops, to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.