



cara price

CLASSIC MEATLOAF

INGREDIENTS

- 1 pound ground meat
- 8 ounces mild italian sausage
- 1 cup almond flour
- 2 eggs
- 6 ounces tomato paste
- 1/2 cup tomato sauce
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1 tablespoon each: apple cider vinegar, dijon mustard & honey
- 2-1/2 teaspoons salt
- 2 teaspoons pepper
- 1 teaspoons each: garlic powder, onion powder & chili powder

DIRECTIONS

preheat oven to 350°.

combine the dry spices, tomato sauce, tomato paste, honey, dijon & apple cider vinegar together in a small bowl. reserve 1/4 cup of this sauce for topping the meatloaf.

In a large bowl, mix ground meat, italian sausage, almond flour, onion, carrots & eggs together. add in tomato mixture.

place the meat mixture into a meatloaf pan & bake covered for 50 minutes. uncover & pour remaining 1/4 cup tomato mixture onto meatloaf, then continue baking 10 minutes uncovered.

remove & test temperature with a meat thermometer {should read 160}. allow to rest 5 minutes before serving.