

Meatloaf

Source Chili Sauce: Evelyn Jenkins

Ingredients:	6 Svg	18 svg	50 Svg	75 Svg	100 Svg
<i>Meatloaf</i>					
Oil, olive	1 T	3 T	0.5 c	0.75 c	1 c
Onion, yellow	1 c	3 c	4 lb	6 lb	8 lb
Thyme, fresh	1/4 tsp	0.75 tsp	2 tsp	3 tsp	4 tsp
Salt, kosher	2 tsp	2 T	1/3 c	1/3 c + 2T	2/3 c
Pepper, black	1 tsp	3 tsp	2T + 2 tsp	3 T	4T
Worcestershire Sauce	3 T	9 T	0.5 c	0.75 c	1 c
Tomato paste	1 T	3 T	0.5 c	0.75 c	1 c
Ground chuck (81% lean)	2.5 lb	7.5 lb	20 lb	30 lb	40 lb
Bread crumbs, dry	1/2 c	1.5 c	4 c	6 c	8 c
Eggs	2	6	16	24	32
Chili Sauce	1/2 c	1.5 c	4 c	6 c	8 c

Chili Sauce

Tomatoes, peeled	--	--	9	--	18
Onions, chopped	--	--	3 med	--	6 med
Pepper, green bell	--	--	0.5 large	--	1 large
Vinegar, apple cider	--	--	1 c	--	1 pt
Sugar, granulated	--	--	0.75 c	--	1.5 c
Salt	--	--	1.5 tsp	--	1 T

Directions:

Chili Sauce

- Puree pepper.
- Peel and dice tomatoes.
- Add all the ingredients to a saucepan and bring to a boil.
- Reduce heat and simmer until thick.
- If desired, process cooled sauce in blender to preferred consistency.

Meatloaf

- Preheat oven to 350°F.
- Heat the olive oil in a medium saute pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown.
- Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly. In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meatloaf will be dense.
- Form loaves and place in pan.
- Bake for 40 to 45 minutes, until the internal temperature is 155 to 160 degrees F and the meat loaves are cooked through.

SJB Notes

- One batch of chili sauce will make more than a single meatloaf. It can be frozen or canned.
- If time does not allow for preparing homemade chili sauce, I use Heinz Chili Sauce.