

# WHAT'S COOKING?

## Italian Meatloaf

### INGREDIENTS

- 1 carrot, grated
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1/2 cup chopped fresh parsley
- 1 kilo ground beef
- 1/2 cup ketchup
- 2 eggs
- 1 1/2 cups fresh bread crumbs
- 1 cup tomato sauce
- 1 teaspoon white sugar



### DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a medium saucepan over medium high heat, saute the carrot and onion for 2 minutes, or until onion is transparent. Add garlic and saute for 2 more minutes. Remove from heat and let cool.
3. In a large bowl, combine the parsley, beef, ketchup, 1/2 cup tomato sauce, bread and eggs, mixing well. Add the carrot/onion mixture and continue mixing, but do not over mix, as this will make the meatloaf dry. Transfer mixture to a 9x13 baking dish and form into a loaf.
4. Bake at 375 degrees F (190 degrees C) for 30 to 45 min.
5. While loaf is baking, heat the remaining tomato sauce and sugar in a medium saucepan over medium low heat. Pour over loaf when done.

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