



Sausage & Veggie Meatloaf

directions

1. Preheat oven to 350 degrees. Spray a loaf pan with cooking spray. Place on a parchment or foil lined baking sheet. Set aside.
2. Finely chop carrot, celery and onion in a food processor. Or mince finely with a knife. Place in a large bowl.
3. To bowl add thyme, nutmeg, black pepper, egg, bread crumbs, Worcestershire sauce, olive oil and sausage. Mix all ingredients together very well using your hands. Pat into a ball and place meat-veg mixture in the loaf pan. Use your hands to press down into the pan. If desired at this point smear top of loaf with half of the ketchup.
4. Bake for 55 minutes. Check temp inside meat loaf using a meat thermometer if you have one. It should read about 155-160 degrees. If you do not have a meat thermometer then insert a skewer into the middle of the loaf, press gently using a spatula and see if the juices run clear. If needed bake another 10 minutes. If the loaf starts to get too dark on the top then tent with foil.
5. Remove from oven when done and let cool about 5 minutes in pan.

notes

This loaf is good for a sandwich the next day - if there are any leftovers! Freezes well.

to serve

Remove loaf from pan and slice into serving pieces along with the remaining ketchup.



4 - 8

servings

10 min

prep time

55-65 min

cook time

ingredients

2 lbs Swaggerty's Farm Sausage, Mild or your favorite

1 carrot + 1 stalk of celery + 1/2 small onion

2 teaspoons fresh thyme leaves or 1 teaspoon dried

Pinch of ground nutmeg

Freshly ground black pepper

1 large egg

1 cup bread crumbs

2 tablespoons Worcestershire sauce

Splash of olive oil

Optional: 1/2 cup ketchup

Pairs well with: Salad, broccoli, any vegetable, crusty bread

Special Kitchen Tools: Loaf pan