



Meatloaf is an all-American comfort food! Double the recipe to make two generous meatloaves plus enough meatballs for another dinner or two. The leftovers make great lunches. Serve meatloaf with a green vegetable and fresh tomato slices layered with pepper, salt, basil, a little olive oil and sliced green onions.



Serves 8-10

Mom's Meatloaf and Meatballs



3 pounds (or a little more) of two to three different ground meats, such as beef, pork, turkey or veal (*Choose meat with no added broth or "natural flavors."*)

1-1/2 c. chopped green onions

1-1/2 c. finely chopped celery

2 carrots, grated and chopped

4 Tbs. water

4 lg. garlic cloves, minced *or* 4 tsp. bottled crushed garlic

4 lg. eggs, lightly beaten

2 Tbs. SCD legal mustard

1 Tbs. paprika

3/4 tsp. dried thyme

1-1/2 tsp. salt

3/4 tsp. black pepper

1 c. almond flour (ground unsalted almonds)

Topping:

Slices of bacon, or sliced rounds of green or red sweet peppers, or tomato slices

Preheat oven to 375 degrees. Combine everything in a very large bowl and mix together thoroughly with your hands. Form into loaf shapes and arrange desired topping.

If freezing, line a bread pan with plastic wrap and pack meat in. Freeze, then remove from pan. Remove plastic wrap and freeze in zip-top bags to use later. Thaw and put on topping before baking.

Bake for 60-90 minutes, or until nicely browned. Allow to rest for 10 minutes before slicing.

For Meatballs:

Form desired amount of meatloaf mixture into golf ball sized meatballs. Fry in a small amount of oil until done, or place on a baking sheet and bake at 375 degrees for 20-25 minutes or until no longer pink inside. Freeze cooked meatballs to use later.



Left: Meatloaves ready to freeze