MEATLOAF (Ray)

# Ingrediencies:

# 1 lb Ground Beef (lean)1 lb Ground Pork (Jimmy Dean)1 Onion (minced)1 Red, Orange or Yellow Bell Pepper (minced)3 cloves Garlic (minced)1 Egg¾ cup Bread Crumbs1 tblsp Mayonnaise 2 tblsp Worcestershire Sauce (Lea & Perrins)1 tblsp dry ground Thyme1 tsp fresh ground Black Pepper1 tsp Sea SaltOlive OilChicken BrothCorn Starch (Aron)

# Cooking:

# Pre-heat oven to 350°Cover bottom of Pan with Olive OilMix everything (except Olive Oil, Chicken Broth & Corn Starch)Blind gently but thoroughly Form into an 8” by 5” loadPlace into Pan, CoverCook for 45 to 55 Minutes (until interior is 160°)Place back in Oven without lid for a 10 minutes to brown

# Gravy:

# Take Meatloaf out of Pan and place on cutting boardPlace Pan on stove burner set to mediumAdd a little Chicken Broth to the drippings in the PanWhen it begins to boil sprinkle ½ tsp Corn Starch to liquid stirring the entire timeIf it’s not thick enough, repeat Corn Starch until it is as thick as you like\*\*remember it takes a while for the Corn Starch to thicken so don’t be too quick

# Serve with mash potatoes.

# Bon Appetit!

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