

Gerv's Famous Meatloaf

Serves 8.

Ingredients

Meatloaf

- 3.25 lbs. Lean Ground Beef
- 1/2 cup Bread Crumbs
- 3 Eggs
- 1/4 cup Milk
- 1 cup Yellow Onions, diced
- 1 1/2 cups Green Bellpepper, diced

Seasonings

- 2 tbsp. Garlic Powder
- 2 tsp Italian Seasoning
- 1 tbsp Salt
- 1 tbsp Black Pepper
- 1 tsp Rosemary

Sauce

- 1/2 cup Ketchup
- 2 cups BBQ Sauce, Sweet
- 2 tbsp Brown Sugar
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 2 dashes Tabasco sauce

Directions

1. Preheat the oven to 350: You will also need a sheet pan or roasting pan that has a lip around it and some parchment paper or tin foil. Place the parchment paper or the foil in the bottom of the pan and oil it or spray with cooking spray. Place it to the side and wash your hands.

2. Seasoning: Measure out all of your seasonings and combine them in a bowl and set aside.

3. Making the Loaf: Place the ground beef in a large mixing bowl. Add the seasoning, eggs, milk, bread crumbs, peppers and onions. Mix with your hands until everything is incorporated and the loaf is holding together. If in doubt keep mixing a little longer.

4. Cooking the Loaf: Place the loaf on the sheet pan and make it the shape of a long skinny football. It is important while you are shaping it that you keep pressing it together so when you are through there are no cracks. Wash your hands and place the sheet pan with the meatloaf in the oven uncovered. It will need to cook for forty minutes.

5. The sauce: Add all the sauce seasonings to the BBQ sauce. After the 40 minutes is up, take the meatloaf out of the oven and cover it with the sauce. Place it back in the oven for 10 more minutes. After ten minutes check that the internal temperature is above 160 then remove from the oven, slice and serve with homemade mashed potatoes and green peas.

Notes:

- If you prefer you can use two loaf pans for the meat loaf just make sure the loaf pans have something under them in case there are drippings.
- Are you Gluten Free? You can substitute gluten free bread crumbs or don't use any bread crumbs.
- Are you Egg Free? You don't have to use them. Eggs help bind the loaf together so if you don't use them you need to mix the loaf longer.
- Are you Dairy Free? Any dairy substitute will do.

Greystone