

Greek Meatloaf with Tomato Sauce (for 4)

Recipe Cookbook: The Working Family's Cookbook

Prep Time: 25, Cooking Time: 1 and 1/4 hours

INGREDIENTS:

2 TBS plus 1 tsp olive oil
3 medium-size cloves garlic, chopped
2 11-oz cans plum tomatoes, drained, seeded & coarsely chopped
1/4 C red wine vinegar
1 TBS honey
Salt & freshly ground pepper, to taste
2 lbs very lean (90 % lean, if possible) ground beef
1 medium onion, finely chopped
1 egg
1/2 C breadcrumbs
1/2 C chopped parsley
1 tsp oregano

DIRECTIONS:

Heat 1 tsp oil in a medium-sized saucepan. Add the clove of garlic & cook 1 minute. Add the tomato & cook 5 more minutes. Add vinegar & honey - simmer, uncovered, over low heat 20-25 minutes till thickened. Season to taste with salt & pepper. Remove from heat.

Heat oven to 350 °F. Lightly combine remaining ingredients, 1 tsp of salt & 1/2 tsp of pepper, being careful not to mash the meat - pack mixture into a loaf pan. Bake 30 minutes. Spread meatloaf with a little more than half the tomato mixture & bake another 30 minutes.

Bring remaining tomato mixture back to a simmer. Slice meatloaf & serve tomato sauce on the side.