

THE PHOTOGRAPHER'S KITCHEN

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JERRY'S EASY MEAT LOAF

2011 – Jerry Bell

Serves 6 to 8

Ingredients:

-- Glaze --

½ Cup Ketchup. Nothing more.

(I've tried many different types of glazes but due to the bacon used in this recipe I find that plain ketchup works the best)

-- Meat Loaf --

2 lb. ground beef

1/2 lb. ground mild Italian sausage

2 eggs

1 cup grated Parmesan cheese

½ Cup breadcrumbs

½ onion – finely chopped

1 pkg. Onion Soup Mix

2 tsp. kosher salt

½ tsp. garlic powder

1 bottle of Samuel Adams Boston Lager (or use any good dark beer.)

7 slices of bacon

Meat Loaf - Preheat oven to 375 deg.

In a large mixing bowl combine the ground beef and the mild Italian sausage (I prefer Jimmy Dean). Mix in the eggs, ½ cup breadcrumbs, ½ cup parmesan cheese, 1 pkg. onion soup mix, ½ cup finely chopped onion, 2 tsp kosher salt and ½ tsp garlic powder.

Blend the mixture. Add ¼ cup dark beer a little at a time to add moisture. Continue mixing to thoroughly blend the mixture. The balance of the beer belongs to the cook. (It's good to be the cook!) For those who prefer not to cook with alcohol you may substitute milk or water.

Put the blended meat mixture into a well greased metal or Pyrex loaf pan or baking dish. Fold the bacon slices widthwise over the meat mixture.

Bake at 375 deg. for 1 hour then slather the top with the ketchup. Sprinkle on the remaining ½ cup of Parmesan cheese. Continue baking until the internal temperature reaches 160 degrees. This will probably be another 20 to 30 minutes.

Let cool for 20 minutes. Cut into ¾ inch slices and serve with a sprinkling of Parmesan cheese.

This is really fantastic when served with my French Onion Soup.

I've provided this recipe for your dining pleasure and I encourage you to share it with your relatives, friends and anyone else who enjoys good food. If you want to post one of my recipes on your blog or another website I ask that you please credit: Jerry Bell / Jbellphotography.com