

# Spiced-Up Mixed Meatloaf



Ready in **20 minutes**

Serves **6-8 people**

## Preparation

1. **Preheat oven to** 375 degrees.
2. **Mix** ingredients for the ketchup sauce and reserve ½ cup to include in the meatloaf.
3. **Whisk** in a large bowl the egg, worcestershire, S&P, garlic, paprika, thyme, onions, scallions, and the ½ cup of reserved ketchup sauce.
- 4 Alternating beef, bread, turkey, bread, beef, bread, turkey, bread, etc. using a folding over motion of your non-dominant hand so as to not over mix. Gently mix from the bottom up and press down into the middle . Gradually incorporating all ingredients.

## Ingredients for Meatloaf

- 1egg 2 tbsp worcestershire sauce
- 2 tsp salt
- ½ tsp fresh ground pepper
- 1 tsp smoked paprika
- 4 cloves - grated
- 8 fresh sprigs thyme - stripped and chopped
- ½ cup onion - chopped
- 1 scallion - minced
- 1 lb ground turkey , divided in four
- 1 lb ground beef, divided in four
- 2 slices potato bread or french bread, lightly toasted and cut into ¼-inch cubes, divided into four

## Ingredients for Spicy Ketchup Sauce

- 1/12 cups ketchup
- 1 ½ tsp apple cider vinegar
- 2 tbsp gochujang paste
- 1 tbsp yellow mustard

5. Place into a 9x 5 loaf pan and flatten the top.
6. Pour the remaining Spicy Ketchup Sauce over the top evenly.

Bake for 60 minutes

Remove from oven and allow to rest and set for 10 additional minutes  
Slice into 1" thick portions

## Tips

- You can use the excess fat and juices to create a gravy by melting 1 tbsp butter and 1 tbsp flour and stirring till slightly golden. Add in excess fat and juices and stir continuously until the gravy comes together.
- Serve with mashed potatoes and peas for a heartwarming dinner.

