MEATLOAF WITH CARROT AND RUTABAGA MASH

Serves 8

350 degrees

2 lbs grass-fed ground beef

½ cup tomato sauce

1 medium onion, finely chopped

1 carrot, grated

2 cups white button mushrooms, finely chopped

3 tsp fresh thyme, minced

1 tsp fresh oregano, minced

3 garlic cloves, minced

1 egg

1 ½ tsp sea salt

1 tsp ground black pepper

1 tbsp cooking fat

2 lbs carrots, peeled and chopped

2 lbs rutabaga, peeled and chopped

8 tbsp ghee or coconut oil

2 tbsp fresh parsley, minced

Sea salt and freshly ground black pepper to taste

* Meatloaf:
* Preheat your oven to 350 F.
* Melt 1 tbsp cooking fat in a large sized skillet placed over a medium heat.
* Add the mushrooms, onion, and carrot and sauté for 5 minutes, or until soft.
* In a bowl mix together the beef, tomato sauce, thyme, oregano, garlic, egg, salt, and pepper.
* Add in the sautéed vegetables and make sure to combine well so the seasonings and vegetables are distributed evenly.
* Grease a 9 inch x 5 inch x 3 inch loaf pan and press the meat mixture in to it smoothing the top.
* Place in the oven and bake for 45 minutes, or until internal temperature is 160F.
* Remove from the oven and let it rest 5-10 minutes.
* Carrot and Rutabaga Mash:
* Place the carrots and rutabaga in a large saucepan and cover with water.
* Bring to a boil and reduce to a simmer; then cover and let simmer for 20 minutes or until the vegetables are really soft.
* Drain the water.
* Mash the carrots and rutabaga with a potato masher; add 4 tbsp ghee or coconut oil and season to taste with salt and pepper.
* Sprinkle with fresh parsley on top.
* Serve slices of meatloaf alongside the carrot and rutabaga mash.