

Meatloaf Recipe

I guarantee that you won't be throwing out any of this meatloaf. There may even be fights for the last piece.

Serves: 8-9

Oven: 175C (350F)

Loaf Ingredients:

500gr Beef Mince

500gr Pork Mince

500gr Chicken Mince (if you can find chicken mince, substitute with 500gr beef mince)

2 Slices of bread (broken or chopped up) – can substitute 2 Cups breadcrumbs

2 eggs

2 small vidalia onions or 1 small brown onion, finely chopped

1 carrot (grated)

2 tsp Table salt

1 tsp Worcestershire Sauce

2-4 tsp Vegemite

1/2 tsp Black pepper

½ - 2/3 cup full cream milk

Sauce Ingredients:

8 Tbsp Apple Cider Vinegar

4-8 Tbsp Dark Brown Sugar firmly packed (I usually do 6)

1 cup Ketchup/ Tomato Sauce

Method:

1. Meatloaf: Combine meat loaf ingredients and place into a loaf baking dish.
2. Smooth out top.
3. Sauce: Combine sauce ingredients and pour on top and sides of meatloaf.
4. Bake at 175C (350°F) about 1 hour to 1 hour 15 minutes or until done.

Note: Recipe should be "plump" from the addition of the milk, it should NOT be runny.