

Cajun Meat Loaf

2 bay leaves
1 tsp. salt
¼ tsp. **each;** pepper, white pepper, cayenne pepper, ground cumin and nutmeg *
2 green onions, thinly sliced
1 medium onions, chopped
1 medium green pepper, chopped
2 garlic cloves, minced
¼ cup butter **or** margarine
1 T Worcestershire sauce
1 tsp. hot pepper sauce *
½ cup evaporated milk
¼ cup ketchup
1 1/3 cups dry bread crumbs
2 eggs, beaten
2 lbs. lean ground beef
¾ pounds ground pork
(* adjust these ingredients to taste.)

Combine the seasonings; set aside. Sauté onions, green peppers and garlic in butter until tender. Add Worcestershire sauce, hot pepper sauce and reserved seasonings. Cook and stir for 8-10 minutes. Discard bay leaves. Remove from the heat; stir in milk and ketchup. Cool. Add bread crumbs and eggs; mix well. In a large bowl, combine beef, pork and vegetable mixture; mix well. Shape into a rounded loaf and put into greased 13 in. x 9 in. x 2 in. baking pan. Bake at 350 degrees for 55 to 60 minutes or until a meat thermometer reads 160 degrees to 170 degrees; drain. Let stand 10 minutes before cutting. **Yield:** one large meat loaf.

Reprinted from "Taste of Home" Magazine, Volume 8, No. 5. October/November 2000. Pg. 54. Used by permission of Reiman Publications, Greendale WI.