

MEAT LOAF

Number of portions: 10

Portion size: 1 slice (1/10)

INGREDIENTS

2 lbs caribou, moose or beef, ground

½ cup oats

1 fresh pepper (any colour), finely diced

2 medium onions, finely diced

2 celery stalks, finely diced

2 eggs

½ tsp basil

½ tsp parsley

Pepper

½ can (540 ml) tomato juice



METHOD

1. Preheat the oven at 450°F.
2. In a bowl, mix the meat, oats, pepper, onions, celery, eggs, and herbs.
3. Spread meat mixture evenly in a large loaf pan (or in 2 small loaf pans).
4. Cover meat loaf with a foil paper. Cook in the oven for 50 minutes.
5. Pour tomato juice over the loaf and cook for 10 more minutes.