

## All American Meatloaf

This recipe is perfect for sandwiches the lunch after.

Preheat oven to 350°F

1 tbsp	unsalted butter, softened	1 tsp	ground black pepper
1 small	yellow onion, minced	1/2 tsp	cayenne pepper
2 large	carrots, diced	1/2 tsp	ground nutmeg
1/2 medium	red bell pepper, seeded and diced	1/2 tsp	ground cumin
1/2 medium	green bell pepper, seeded and diced	3 large	eggs, beaten
4 cloves	garlic, minced	1-1/2 lbs	ground beef, lean
1 tsp	sea salt	1/2 lb	ground pork sausage
		3/4 cup	dried breadcrumbs

In a skillet on medium heat melt butter, add onions, carrots, celery, bell peppers and garlic. Cook stirring for 10 minutes or until the moisture has evaporated. Cool.

In a large mixing bowl, combine salt, pepper, cayenne, nutmeg, cumin and eggs, mix well. Blending thoroughly.

Add the ground beef, pork and breadcrumbs and vegetable mixture. It may be easier to use your hands.

Place mixture into a large loaf pan. Place loaf pan in a larger pan filled with 1-inch of boiling water. Cook in preheated oven 45 to 60 minutes. Let rest for 10 minutes prior to serving.