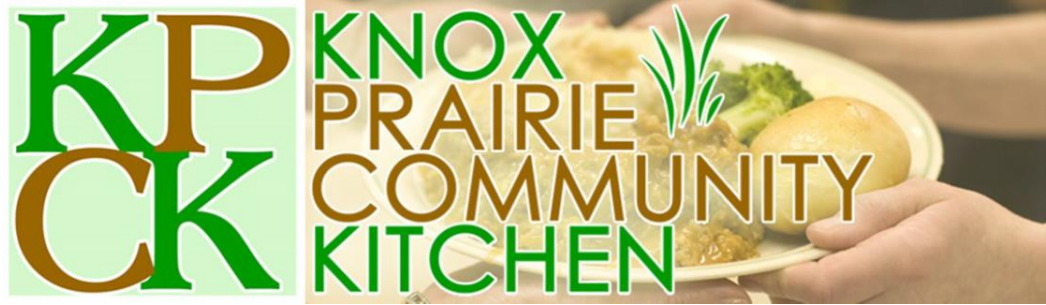


KPCK Porcupine Meatloaf Recipe



Yields: 4 servings

Prep time: 15 min.

Cook time: 40 min.

Ingredients:

1 pound extra Ground Beef, Ground Venison, Ground Pork, Ground Turkey- Any combination
1/2 cup instant white rice (or minute rice)
1/4 cup finely-chopped onion
1/4 cup minced celery clove garlic, minced
1 teaspoon salt or to taste
1 teaspoon freshly-ground pepper
1 tablespoon minced fresh or dried herbs of your choice (such as rosemary, basil, chives, sage, and/or tarragon)
2 teaspoons Worcestershire sauce
1 egg, beaten
1 Tablespoon beef consommé (beef base or beef stock)- mixed with ¼ C. hot water

Preparation and Cooking:

1. Preheat the oven to 350°F. Lightly grease a small loaf pan.
2. Cook the white rice.
3. In a large bowl, combine the ground meat, cooked rice, onion, celery, garlic, salt, pepper, herbs, Worcestershire sauce, egg, beef base/ water mixture.
4. Using your clean hands , mix together all the ingredients. Mix thoroughly but lightly, being careful not to pack the meat too much.
5. Place in prepared loaf pan. Bake 30 to 40 minutes or until meatloaf reaches an internal temperature of 160°F (do not overcook or it will be dry).
6. Remove from oven and let the meatloaf rest for 15 minutes before serving.