

Traditional Meat Loaf Beef or Bison

This is such an easy dinner when you serve it with some steamed seasonal vegetables or a baked potato and a salad. Top it with Chow Chow, a mustardy condiment, and it makes a great sandwich the next day, if there's any left.

Serves 6

1 1/2 pounds grassfed ground meat
2 pastured eggs
1 small yellow onion, finely diced
1 cup tomato sauce
3/4 cup fine bread crumbs
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 350 degrees F.

In a large bowl, mix with your hands the ground meat, eggs, onion, tomato sauce, bread crumbs, and salt and pepper. Make sure all of the ingredients are well incorporated.

Place the meat mixture into a loaf pan, smoothing and making sure there aren't any air bubbles in the mixture.

Bake for 45 minutes, then remove from oven and allow to rest for about ten minutes. Slice and serve.