



Curry Seasoned Meatloaf

From dulcetcuisine.com

- 1 T butter
- 2 c diced onion
- 1 $\frac{1}{2}$ lbs ground beef
- $\frac{1}{4}$ c rolled oats
- 1 4 oz can diced green chilies
- 1 egg
- 2 T Dulcet Curry Mustard

- 2 T plus $\frac{1}{2}$ c Dulcet Curry Ketchup
- $\frac{1}{2}$ t sea salt
- $\frac{1}{2}$ t black pepper

1. Place medium sauté pan on stovetop over medium heat, add butter.
2. Add onion and sauté, stirring frequently until golden brown, approx 10 minutes.
3. Remove from heat and set aside to cool.
4. In a medium sized bowl, combine the ground beef, rolled oats, green chilies, egg, Dulcet Curry Mustard, 2 T of the Dulcet Curry Ketchup, sautéed onions and the salt & pepper.
5. Once the ingredients are well combined, shape into a loaf and place in a 9 x 9 glass baking dish.
6. Top the loaf with the remaining $\frac{1}{2}$ c Dulcet Curry Ketchup.
7. Place in 375 degree oven for bake uncovered for 45 minutes.

Serves 4

Serving Suggestion: Garlic mashed potatoes and roasted broccoli or green beans.
Place bottle of ketchup on the table, for those wanting more!

Notes: _____
