



#MakeItGAP

RECIPES

CAULIFLOWER BEEF MEATLOAF

YIELD: 4 Servings

INGREDIENTS:

MEATLOAF:

2 cups shredded cauliflower
1 medium white onion or ½ large white onion, chopped
4 cloves garlic, minced
2 Tbsp. olive oil
2 eggs
1 1/2 lbs. G.A.P. certified ground beef
½ cup oats
¼ cup ketchup
3 Tbsp. Worcestershire sauce
1 Tbsp. smoked paprika
Salt & black pepper to taste

GLAZE:

¼ cup ketchup
3 Tbsp. Worcestershire sauce
2 Tbsp. of your favorite whiskey

PREPARATION:

Preheat oven to 350°F. Shred cauliflower with cheese grater or food processor. Chop onion and mince garlic (add more garlic if you're a garlic lover! In a large pan, sauté the cauliflower, onion, and garlic until lightly browned. The cauliflower will soften, so you can cook longer if you'd prefer the cauliflower to be less noticeable in the finished product. Remove the cauliflower mixture from heat. In a separate small bowl, lightly scramble the eggs. In a large mixing bowl, add the cauliflower mixture, ground beef, eggs, oats, ketchup, Worcestershire sauce, smoked paprika, salt and pepper. Use hands or mixer to fold the ingredients into each other. Once the ingredients have been well mixed, press the mixture into a large casserole dish, loaf pan or large cast iron pan. For the glaze, mix ketchup, Worcestershire sauce and whiskey and brush over the loaf. Bake at 350°F for 60-75 minutes (or until the internal temperature has reached at least 165°F).