
Gonzalez Meat Loaf

The Essential Southern Living Cookbook

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 35 minutes

2 pounds ground sirloin
3 large eggs, lightly beaten
1 cup fine, dry breadcrumbs
4 cloves garlic, minced
1 medium red onion, chopped
2 plum tomatoes, seeded and chopped
6 ounces (1-1/2 cups) Monterey Jack cheese, shredded
1/4 to 1 1/2 cup firmly packed brown sugar
1/2 cup chopped fresh cilantro
1/4 cup Worcestershire sauce
2 tablespoons hot sauce
2 teaspoons table salt
1 teaspoon black pepper

Preheat the oven to 350 degrees.

In a bowl, combine all of the ingredients. Mix well. Shape into a free-form 9 x 5-inch loaf. Place on a lightly greased rack in a broiler pan.

Bake in the preheated oven for 45 minutes. Increase the oven temperature to 425 degrees. Bake until a thermometer inserted into the center registers 160 degrees, 15 to 25 minutes more.

Let the meat loaf stand for 5 minutes before serving.

Yield: 6 to 8 servings

Meatloaf

Per Serving (excluding unknown items): 5248 Calories; 376g Fat (65.0% calories from fat); 360g Protein; 96g Carbohydrate; 6g Dietary Fiber; 1866mg Cholesterol; 10476mg Sodium. Exchanges: 0 Grain(Starch); 50 Lean Meat; 4 1/2 Vegetable; 44 1/2 Fat; 4 Other Carbohydrates.