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Omega Meatloaf

This meatloaf recipe, created by Anna Welch at Fields of Agape, LLC, is the best of all worlds—good and good for you. It's packed with nutritious golden flax seed which Anna and her husband, Keith, grow in Carthage, Indiana. Their beautiful, fresh and healthy flax seed is grown in limited quantities and is available to the public. To find a retailer near you or to order by mail contact her at fieldsofagape@yahoo.com.

To make the meatloaf:

2 pounds ground beef
1 cup ground flax seed*
2 eggs, beaten
¼ cup tomato ketchup
2 teaspoons salt
½ teaspoon pepper
1 half cup chopped green bell pepper
1 half cup chopped onion
1 cup tomato sauce, prefer homemade

Preheat oven to 350 degrees F.

Combine all other ingredients in a large bowl and mix gently with your hands. Do not compact the meat.

Shape the meat mixture into loaf in a large baking dish with at least 2 inch high sides.

Bake for one hour.

Remove the meatloaf from the oven, top with glaze (recipe below), and return to the 350 degree oven to finish baking (approximately 15 minutes).

To make the glaze:

1 ¼ cups tomato sauce, prefer homemade
½ cup tomato ketchup
¾ cup light brown sugar

Bring the ingredients to a boil in a small saucepan. Pour over the meatloaf and finish baking. Let cool for 10 minutes before slicing.

Serves 6-8. Freezes well and makes great cold meatloaf sandwiches.

* To grind flax seed use a small coffee grinder or spice grinder.

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