

## Country Dilled Meatloaf and Gingered Yams

June 2015 – Serves 6-8

### INGREDIENTS:

#### MEATLOAF\*:

2 lbs 85% lean ground beef  
1 medium shallot, chopped finely  
1 C sliced white onion to place atop  
meatloaf as it cooks  
½ yellow pepper chopped  
1/2 orange pepper chopped  
1 t fresh dill chopped  
1 egg  
2 slices of wheat bread  
¼ to 1/3 C 2% milk  
Dash of paprika  
Dash of cayenne pepper  
1 t Salt and ¼ t black pepper

#### GINGERED YAMS:

3 very large yams, about 4 C, cut into 1  
inch chunks  
1 T minced fresh ginger  
2 T butter  
¼ C cream  
Salt and pepper to taste



### DIRECTIONS:

In a small bowl, crumble the bread or chop with a sharp serrated knife into small cubes. Add the milk and mash with your hands until it is a wet paste. In another bowl add the room temperature beef, egg, peppers, shallot, spices, dill, salt and pepper. Combine well. Add the bread mixture and continue to mix until incorporated. Place all on a foil covered cookie sheet, forming into a large log about twice the length as width. Cook in a 375 degree F oven for about 30-35 minutes, or until juices are running and edges are brown.

*\*Create a sauce by combining ½ C catsup, ¼ C chili sauce, 1 T soy sauce, 2 T brown sugar. Blend well, heat and serve.*

For yams, cook in boiling water for about 15 minutes or until very soft. Drain, mash with masher or use a hand-blender and puree along with the butter, cream, ginger and salt and pepper until very smooth.

Plate all with a sprig of fresh dill and my Plum Cucumber Salad.

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