

Not Your Mom's Steak-Flavored Make-Ahead Meatloaf



Confession: I don't like meatloaf. Old-fashioned meatloaf always seemed to be kind of dry and flavorless, and sometimes it's topped with ketchup... yuck. But, I came up with this steak-flavored meatloaf when I was a poor college student because I needed a cheap way to enjoy my beloved A.1. steak sauce. I couldn't afford actual steaks, and putting it on hamburger patties didn't do it for me. So, I tried making meat loaf with it, and it was love.

Then the paleo craze started, and I began to see recipes for paleo meat loaf that replaced the bread with veggies. I decided to try it, and... wow. All meat loaf should be paleo!

It was incredibly light, juicy and flavorful and absolutely delicious!! I haven't made meatloaf any other way since then.

My recipe allows you to use your favorite steak sauce and seasoning. For the steak sauce, I use A1, which I have loved since I was a teeny tiny kid. My favorite seasoning is [Dove Chocolate Discoveries Sweet N Spicy Cocoa Rub](#). Dove Chocolate Discoveries products are only available through their "chocolatiers," kind of like Tupperware or Mary Kay, but their products will have you drooling! I throw the cocoa rub in to just about anything with ground beef. I like to add it to chili, veggie dip, Chex mix and bloody Marys ☐ I realize, though, that most people are not going to be purchasing this particular seasoning, so please use whatever you like to use on your steaks. I know McCormick makes several good steak seasonings that are available anywhere.

This is best as a make-ahead recipe. Meat loaf takes about an hour in the oven and it does take a little time to prep before you bake. I like to make the loaf up on Sunday and then stick it in the fridge or freezer to bake later in the week. If you opt to freeze it, just move it to the fridge the night before you want to have it.

To chop the veggies, if you have a food processor, use it!! This recipe will take you 5 minutes if you do it that way. If not, don't worry, it will only take a few extra minutes.

Because you are adding so many veggies, this makes a huge loaf- you have to use an 8x8 pan instead of a loaf pan. It will be about half veggies. It will be very, very juicy and may fall apart. Totally ok with me- it tastes sooo good.

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- 1 lb lean ground beef
- 1/2 cup carrots, finely chopped
- 1 small yellow onion, finely chopped
- 1 cup baby bella mushrooms, finely chopped

- 2 eggs
- 1/2 T minced garlic
- 1/4 cup Worcestershire sauce
- 1/2 cup steak sauce, divided
- 1/2 T steak seasoning
- salt and pepper to taste

Spray 8×8 casserole dish with cooking spray. In large bowl, mix ground beef, carrots, onion, mushrooms, eggs, garlic, Worcestershire sauce, 1/4 cup steak sauce, steak seasoning, and salt and pepper until well combined. Spread evenly in casserole dish. Drizzle with remaining 1/4 cup steak sauce. Cover with airtight lid and refrigerate or freeze until ready to bake.

When ready to bake, preheat oven to 350 degrees. Bake thawed meatloaf for 60-75 minutes or until internal temperature is 160 degrees and loaf is cooked through.