

GF Friendly

Lynne's Sausage Meatloaf

an adaptable budget-saver meatloaf

Our friend and neighbour, Lynne, came up with this recipe, using mainly leftovers. We tried it as suggested and it was great. Oven temperatures and times may vary if a different meat is used, and I suppose even a mixture of types would work well. It's one of those recipes that lends itself to experimentation. Whatever you've got, lob it in!

- 500g ground sausage meat
- ¼ cup chopped celery
- ¼ cup chopped broccoli
- ¼ cup chopped cauliflower
- ¼ cup chopped mushrooms
- ¼ cup chopped onion
- ¼ cup grated carrot
- 1 lightly-beaten egg
- 1 tsp minced or powdered garlic
- 1 tsp Italian herbs
- 1 tsp chilli sauce (optional)
- 1 medium sliced tomato
- ½ cup breadcrumbs (fresh if you can manage it)
- Grated cheese (Cheddar or whatever you fancy)



The selection of vegetables in this meatloaf is optional and can be changed to suit individual tastes. Half a can of diced or crushed tomatoes can also be added for a moister result. Beef or lamb mince can be substituted for the sausage meat if desired (not sure about chicken, though).

In a large bowl, thoroughly mix all of the ingredients (except for the tomato and cheese), making sure the sausage meat is well combined and there are no solid lumps. Line a standard loaf tin with baking paper and press in the mixture, excluding any air pockets.

Bake covered on 165°C fan-forced (180°C conventional) for 45 minutes. Remove from the oven, uncover, place slices of tomato evenly on the top and sprinkle with grated cheese (don't over-do this). Return **uncovered** to the oven for a further 5-10 minutes until the cheese has melted.

Serves 4 with vegetables and gravy

Freezes well

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