

Sun-dried Tomato Meatloaf (or Jumbo Meatballs)

Eating a jumbo meatball when Lane and I went out to eat one night, I thought how I'd like to make some for my family. Then I found this recipe, and I made it times SIX for a cousin dinner. Yowza! I ended up with so many more meatballs and meatloaf than even a household of 30 could eat! So I froze the rest for a rainy day. While I'm not a regular meatloaf-maker, this was really yummy. I think I will always remember that fall Saturday night during the microburst storm (when it hailed and poured and flooded all within about an hour, on a September night) when I was up to my elbows mixing meatloaf.*

- 1 cup sun-dried tomatoes in oil (you can use them without oil and rehydrate them in a cup of boiling water)
- 1 cup ketchup or chili sauce, divided in half
- 1 cup whole wheat seasoned breadcrumbs
- 1 large onion, chopped or 1 large scoop of dried onions
- 1 cup fresh basil, chopped (breathe in that awesome basil scent!)
- 2 egg whites, beaten
- 5-6 garlic cloves, minced (or 3 teaspoons minced garlic)
- 1 pound ground beef or ground turkey

Rehydrate tomatoes, if they're not packed in oil, for about 15 minutes. Snip either kind of tomato into smaller bits. Preheat oven to 350°F. Combine the rest of the ingredients (using only 1/2 the ketchup or chili sauce), adding the tomatoes after the rest is mixed together well. Shape into 1 large or 2 smaller meatloaves or 3" meatballs.

Coat a cookie sheet or loaf pan with Pam (cooking spray) and pour on the remaining 1/2 cup ketchup. Put the meatloaves or meatballs on the sheet. Bake for one hour, or until the meat thermometer reads 160°F (beef) or 165°F (turkey).

Let the meatloaf rest 5-10 minutes before serving. Slice to serve the meatloaf.

Serving Suggestion: Spinach salad, hot corn, steamed broccoli, beans, and wild rice or rolls.

*My recipe adapted from the one printed in *LDS Living Magazine*, January/February 2013, 72.