

## **Stuffed Meatloaf with 'Secret Sauce'**

This recipe is my variation of my grandmother's meatloaf. Her recipe wasn't written down, not to the best of my knowledge, but this is how I remember it to be and how I've been making it for decades. It's one of my husband's most favorite things that I make.

For the meatloaf, you'll need:

- 1.5 lbs. lean ground beef (I don't use extra lean – I find it gets too dry)
- 1 Tbsp ground flax seed
- ½ c. breadcrumbs
- 1 tsp dry savory
- ¼ c. finely diced onion
- ½ tsp. Worcestershire sauce
- 1 egg
- ½ tsp garlic powder
- ½ tsp. onion powder
- ¼ tsp salt
- ¼ tsp freshly ground black pepper

For the sauce, you'll need:

- 1.5 c. ketchup
- 2 Tbsp yellow mustard
- 1 Tbsp cider vinegar
- ½ tsp Worcestershire Sauce
- ½ tsp soya sauce
- 2 tsp. brown sugar

Preheat oven to 350 degrees Fahrenheit. In a large bowl, combine ground beef, Worcestershire sauce, garlic powder, onion powder, salt and pepper. Whisk one egg in a cup and add to beef mixture and knead with hands to incorporate. Add enough ground flax seed to bind the beef mixture. Turn out onto waxed paper and press with hands to ½ inch thick rectangle, a couple of inches longer than the loaf pan you'll be using, and wide enough to totally envelope stuffing.

In another bowl, combine bread crumbs, diced onion and savory. Place bread stuffing mixture along centre of beef, leaving space at ends on sides. Lift wax paper and roll one side toward centre, then repeat with other side. Press where beef joins to seal and then lift ends up and press to seal. Place formed meatloaf in a non-stick loaf pan and cook in preheated 350 degree oven for 45 minutes.

While meatloaf is cooking, in small saucepan combine ketchup, mustard, vinegar, Worcestershire, soya sauce and brown sugar. Whisk together and heat over low heat until warm. Remove meatloaf from oven, transfer to serving plate and let sit for a few minutes before slicing into ½ inch slices. Serve with warm sauce over slices. I usually do up sides of basmati rice and canned corn for this meal – its always a hit in my home.