

Lamb Meatloaf with Sweet and Spicy Topping

- 1 lb minced lamb
- 2 celery stalks, minced
- 2 carrots, grated
- 1 zucchini, grated
- 1 pint mushrooms, finely chopped
- 3 scallions or 1 small onion, minced
- 2 cloves garlic, grated or minced
- 1/4 c finely chopped parsley
- 1 T fresh oregano or 1 t dried
- 2 eggs
- 1 c fresh breadcrumbs
- 1 t Worcestershire sauce
- 1 t kosher salt
- freshly ground black pepper

Preheat oven to 350F.

In a large bowl, combine all ingredients. Spoon the meat mixture into a loaf pan brushed with oil or sprayed with cooking spray. Press down with the back of a spoon to even out. Top with **Sweet and Spicy Topping**. Bake for 1 hour or until a thermometer registers 160F. Let stand for 5 minutes. Serves 8 - 10. Can also be cooked in muffin shape in half the time, but onion and celery need to be finely minced so they aren't crunchy.

Sweet and Spicy Topping

- 1/4 c each ketchup
- 1/4 c regular mustard
- 1/4 c brown sugar
- 1/2 - 1 t Sambal Olek

Jittery Cook