

Cajun Meat Loaf

| Amount | Measure | Ingredient - Preparation Method |
|--------|-------------|---------------------------------|
| 1/4 | pound | butter |
| 1 | stalk | celery - chopped |
| 1 | | red pepper - chopped |
| 1 | | green pepper - chopped |
| 1 | | yellow onion - chopped |
| 5 | | bay leaf |
| 2 1/2 | cups | bread crumbs |
| 1/4 | cup | garlic - minced |
| 1/2 | cup | worcestershire sauce |
| 9 | | egg |
| 1/2 | cup | heavy cream |
| 1/2 | cup | ketchup |
| 5 | pounds | ground beef |
| 2 | tablespoons | cajun spice |
| 1 | tablespoon | cumin |
| 2 | tablespoons | salt |
| 1 | tablespoon | cayenne pepper |

Preheat oven to 325

Melt butter in large saute pan

Add vegetables, bread crumbs and all seasonings. Saute veges until soft

Add w sauce, discard bay leaves

Transfer to large bowl

Add eggs, cream and ketchup to the mix. Add meat and spices.

mix for 1 minute

Pack 2-3 pans with mixture

Drop pans on hard surface to remove air pockets

Bake for 1 hour or until done