



AF Meatloaf

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Categories: Captain's Shack, Main Dish - Air Fryer

Servings: 6

Description: A good and quick way to make meatloaf.

Preparation Time: 10 minutes

Start to Finish Time: 45 minutes

Serving Ideas: Serve with air fried carrots. Enjoy!

Ingredients

1 lb ground Beef

1/2 lb Pork Country

Sausage

1/4 lb Lamb Roast, small
dice - Optional

1 Egg, lightly beaten

3 T Bread Crumbs

1 sm Onion, finely
chopped

4 clove Garlic, minced

4 T Worcestershire
Sauce

1 T fresh Thyme leaves

1/4 T fresh Rosemary,
chopped

fresh ground Tellicherry

Black Pepper, to taste

1 t Celtic Sea Salt

2 Mushrooms sliced
thickly

Tomato Sauce

Directions

1) Preheat your air fryer to 400°F

2) In a large bowl, knead together the meat, beaten egg, bread crumbs, onion, garlic, Worcestershire sauce, thyme, rosemary, Celtic sea salt and the Tellicherry pepper.

3) Transfer the ground meat mix to a meatloaf pan or dish and smooth the top over. Press in the mushrooms and coat the top with olive oil.

4) Place the pan or dish in the basket or tray of the air fryer. Slide into the air fryer on the lowest level and cook for 25 minutes.

5) Check to see that it is nice and brown. Let stand for 10 minutes before slicing and serving. Brush the top with tomato sauce while it is still hot.

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