

MEAT LOAF

Ingredients

- ½ cup coconut flour
- 3 eggs
- 1 cup finely chopped onion
- ½ cup chopped bell pepper
- 1 teaspoon salt
- ½ teaspoon black pepper
- ⅛ teaspoon thyme
- ⅛ teaspoon marjoram
- 1 pound ground beef
- 1 16-ounce can tomato sauce

Method

Combine coconut flour, eggs, chopped onion, bell pepper, salt, black pepper, thyme and marjoram in a bowl. Add ground beef and 1 cup (8 ounces) of tomato sauce and mix well. Shape mixture into a loaf and place in a baking dish. Pour the remaining 1 cup of tomato sauce over the top of the loaf. Bake at 175 degree C (350F) for 1¼ hours. Makes 6 to 8 servings.