



Bowdoin College
Cajun-Style Meatloaf

Yield: 8 portions

1 t.	Salt
1 t.	Cayenne Pepper
1 t.	Black Pepper, ground
½ t.	White Pepper
½ t.	Cumin, ground
½ t.	Nutmeg, ground
1 T.	Olive Oil or Margarine
1	Onion, medium, diced
1	Green pepper, medium, diced
3 cloves	Garlic, chopped
2 t.	Hot Pepper Sauce
1 T.	Worcestershire Sauce
½ c.	Milk
½ c.	Ketchup
1½ lb.	Ground Beef
1½ lb.	Ground Turkey
3	Eggs
½-¾c.	Bread Crumbs

1. Combine first six ingredients. Set aside
2. Melt olive oil or margarine, add onions and green peppers and sauté until soft.
3. Add garlic, hot pepper sauce, Worcestershire and spice mixture. Saute until mixture starts to stick to the bottom of the pan.
4. Stir in milk and ketchup and continue cooking for 2 minutes, stirring occasionally.
5. Remove from heat and cool to room temperature.
6. Preheat oven to 375 degrees.
7. Place ground meats on large bowl and add vegetable mixture and bread crumbs. Mix well and form into loaf.
8. Bake about 1 hour or to internal temperature of 180 degrees. Let rest 10 minutes before serving.