

**Saint Paul Pioneer Press**

August 31, 2003

Column: IN THE KITCHEN

**Getting Back to Basics: Meatloaf and Mashed Potatoes**

ADVENTURE'S MILLTOWN MEATLOAF

Makes 6 to 8 servings

1 cup diced portabella mushrooms

¼ cup diced yellow onion

1 tablespoon minced garlic

1 cup cooked wild rice

2 tablespoons olive oil

1 pound ground beef

1 pound ground pork

1 cup bread crumbs

1/3 cup ketchup

¼ cup finely chopped parsley

1 teaspoon black pepper

½ teaspoon garlic powder

½ teaspoon paprika

¼ teaspoon salt

To make meatloaves: Preheat oven to 350 degrees. Sautee mushrooms, onion, and garlic in olive oil until tender. Add wild rice. Stir to combine. Allow mixture to cool. In large bowl, combine ground beef, pork, bread crumbs, ketchup, parsley, pepper, garlic powder, paprika, and salt. Knead mixture lightly with hands, only until combined. (Note: Do not overmix.)

To bake meatloaves: Divide into 6 or 8 equal pieces. Shape each into individual loaves. Place on large baking sheet. (Note: May cover with plastic and refrigerate until ready to cook, if desired.) Bake in preheated oven for 40 minutes to 1 hour or until thermometer reads 165 degrees in center of loaf.