

MOT more of this
LOT less of that

Root Vegetable Meatloaf

The root vegetables add flavor and texture and a nutrient density to this satisfying meal.

Serves: 4 (with enough for leftovers)

Prep and Cook time: 90 minutes

Ingredients

- 2 lb ground beef
- 1 cup shredded (raw) carrot
- 1 cup shredded (raw) parsnip (or raw, peeled beet)
- 2 cloves garlic, minced
- 1 Tablespoon chili powder
- 2 Tablespoons minced herb blend (thyme, rosemary, sage)
- ¼ onion, minced
- ¼ teaspoon black pepper
- 1/2 cup cassava flour (or almond flour)
- 4 ounces uncured bacon (about 4 strips)

Directions

1. Preheat the oven to 375 degrees F.
2. Combine the beef with all of the ingredients except for the bacon. Using your hands massage gently to combine thoroughly. Transfer the mixture to a loaf pan, using your hands to press it into the bottom and sides of the dish.
3. Arrange a few slices of bacon across the top of the mixture. Bake for 50-60 minutes or until the bacon is browned and the loaf has reached an internal temperature of 150 degrees.

Recipe from [The Nutrient Dense Kitchen](#) cookbook

Mary-Beth says: *"Don't be afraid to try this meatloaf -the vegetables add moisture, and you won't miss the breadcrumbs."*