

MINI MEATLOAVES WITH SOUTHERN STYLE CUCUMBER & TOMATO SALAD

As we move into August in Minnesota, we really start to see that beautiful summer produce! Highlight all that locally grown cucumbers and tomatoes have to offer by keeping the dressing simple and letting the vegetables shine. Paired with a streamlined meatloaf recipe that bakes in less than 20 minutes, you can have dinner on the table in no time—perfect for those hot and busy summer nights.



Ingredients

- 1 1/2 lbs ground beef
- 1/3 cup bread or cracker crumbs
- 1/3 cup grated onion
- 1/3 cup milk
- 1 egg, lightly beaten
- 1 Tablespoon Hungarian Spice blend
- 1 teaspoon granulated garlic
- 1/2 cup rice wine vinegar
- 2 large cucumbers
- 4 medium/large tomatoes
- 1/2 sweet white onion (optional)
- 1/4 cup fresh mint leaves (optional)
- Salt
- Pepper

Equipment:

- Muffin tin or sheet pan
- Large mixing bowl x 2

PREPARATION: 15 MIN

COOKING: 20 MIN

READY IN: 35 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started. Wash and dry all produce. Preheat your oven to 350 degrees.

1. Combine ground **beef, breadcrumbs, grated onion, milk, egg, Hungarian Spice Blend, granulated garlic,** and a good pinch of salt and pepper in a large bowl and mix until combined.
2. Scoop beef mixture into 12 equal portions and place each portion into the cups of a muffin pan or onto a sheet pan.
3. Bake in preheated oven 18–20 minutes, until cooked through or the internal temperature reaches 160 degrees.
4. While baking, start the salad: Thinly slice **cucumbers and white onion.** Chop **tomatoes** into bite-size pieces. Julienne **mint leaves** (optional).
5. Combine cucumbers and tomatoes with the **rice wine vinegar** and a pinch of salt and pepper. Toss to coat.
6. Remove meatloaves from oven and serve each loaf with salad. Enjoy!

Tips, Tricks, and Terms

Make Local Crate's Hungarian Spice Blend at home!

Paprika is made with dried and ground peppers—sometimes sweet and sometimes spicy. Using two types in this blend creates super fruity AND smoky depth that is great with roasted meats or vegetables, soups & stews, or added to your liquids when cooking up beans or whole-grains.

- 2 tablespoons Hungarian sweet paprika
- 1 1/2 teaspoon smoked paprika
- 1 1/2 teaspoon dried rosemary
- 1 1/2 teaspoon dried thyme
- 1 1/2 teaspoon crushed fennel seeds
- 1 1/2 teaspoon marjoram or oregano

Mix well and store in an airtight container.

A little about...

GRANULATED GARLIC: has a thick, cornmeal like texture. Garlic Powder, which is more finely ground, can be used as a substitute at half the amount. (Ex. 1tsp granulated garlic = 1/2 tsp garlic powder.)

INTERNAL TEMPERATURE: to ensure safety, ground beef should be cooked so the inside of the meat reaches 160 F degrees.



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