



## AVOCADO MEAT LOAF

- 4 Strips Bacon
- $\frac{3}{4}$  Cup Diced Celery
- $\frac{1}{2}$  Cup Minced Scallions
- 2 Tablespoons Minced Parsley
- $\frac{1}{2}$  Cup Diced Green Pepper
- 1 Pound Ground Veal or Sirloin
- 1 Pound Hamburger
- 8 Ounces Tomato Sauce
- 1 Cup Bread Crumbs
- 2 Cups Fresh Chopped Mushrooms
- 1 Egg, Slightly Beaten
- 2 Tablespoons Flour
- 1 Large Avocado, Diced
- 2 Teaspoons Celery Salt
- $\frac{1}{2}$  Teaspoon Black Pepper
- Paprika

## DIRECTIONS

1. Fry bacon until crisp, remove from pan.
2. In same pan, sauté celery, scallions, parsley and bell pepper.
3. Remove to a large bowl.
4. Once slightly cooled, add all other ingredients.
5. Mix with hands until well incorporated.
6. Pack into a loaf pan, sprinkle generously with paprika.
7. Bake at 350 degrees for 45 minutes.
8. Remove excess fat from pan, return to oven and bake an additional 45 minutes.