



## Cajun Glazed Meatloaf

Recipe By JOE LASHER, SR.

SERVES: 6

### INGREDIENTS:

- ☐ 2 tbsp. vegetable oil
- ☐ ½ cup onion, *diced*
- ☐ ½ cup celery, *diced*
- ☐ ½ cup red bell pepper, *diced*
- ☐ ¼ cup green onion, *thinly sliced*
- ☐ ½ tbsp. garlic, *diced*
- ☐ 2 jalapeño peppers, *diced*
- ☐ ½ cup beef broth
- ☐ ½ cup ketchup
- ☐ 2 tbsp. Cajun seasoning of your choice
- ☐ 2 tbsp. Worcestershire sauce
- ☐ 2 tbsp. Louisiana style red hot sauce
- ☐ 1½ tbsp. Creole or spicy brown mustard
- ☐ 1 tsp. coarse ground black pepper
- ☐ 1½ lb. ground beef (or venison)
- ☐ ½ lb. ground pork (not pork sausage)
- ☐ ½ lb. of andouille sausage, *diced*
- ☐ 1 large egg, *lightly beaten*
- ☐ 1 cup dried breadcrumbs, *plain*

### FOR THE GLAZE:

- ☐ 1 cup ketchup
- ☐ 4 tbsp. light brown sugar
- ☐ 1 tbsp. Louisiana style hot sauce
- ☐ 1½ tbsp. white vinegar
- ☐ 1 tbsp. Creole style mustard or spicy brown mustard

### DIRECTIONS:

- ☐ 1. Pre-heat smoker to 165°F.
- ☐ 2. Line baking sheet with foil and spray a wire cooling rack with non-stick cooking spray. Place the wire rack on the baking sheet.
- ☐ 3. In large skillet, sauté the onion, celery, red bell pepper, green onion, garlic, and jalapeños in the vegetable oil until the vegetables soften and become translucent, approx. 6 minutes.
- ☐ 4. Add the beef broth, ketchup, Cajun seasoning, Worcestershire sauce, hot sauce, mustard and pepper. Stir to combine. Remove the mixture from heat and let cool to room temperature.
- ☐ 5. In a large mixing bowl, combine the ground beef, pork and sausage. Add egg, breadcrumbs and the cooled mixture and mix lightly with your hands until well combined.
- ☐ 6. Form a rectangular loaf 11/2-2 inches thick and then lay on top of cooling rack.
- ☐ 7. Place the pan with meatloaf on the smoker for one hour at 165°F and then increase temperature to 325°F and cook for another hour.
- ☐ 8. Make the glaze by combining ketchup, brown sugar, hot sauce, white vinegar, and mustard in a small saucepan and simmer for 8-10 minutes.
- ☐ 9. At the two-hour mark, pour or brush the glaze on top of the meatloaf and continue to cook until internal temperature at thickest point is 165°F.
- ☐ 10. Remove and let rest for 10 minutes before slicing and serving!

*Sometimes I make weatloaf just so I can enjoy a meatloaf sandwich the next day!*

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