



Eagle Catcher Meat Loaf

2	lbs. Eagle Catcher Grassfed Ground Beef
4	Pastured chicken eggs
1	C. Breadcrumbs
½	C. Onion (finely chopped)
½	C. Cilantro (chopped)
2	Tbl. Oregano (dried, finely crumbled leaves)
½	tsp. Lemon Pepper
½	tsp. Black Pepper (coarse ground)
1	Jalapeno Pepper (finely chopped)
2	oz. Black Olives (sliced)
2	oz. Green Olives (sliced)
1	Tbl. Capers
1	Tbl. Olive Oil
½	tsp. Thyme (dried)
1	Tbl. Chili Powder

Mix ingredients adequately. Place in Olive oil coated baking dish or bread pan. Place in oven @ 350 degrees for 1 hour. Increase heat to 450 degrees for the last 10 minutes or internal temperature of 160 degrees and loaf has retracted from sides of pan or dish. Stand for 15 minutes, slice & serve with catsup.

Alternatively, after mixing and forming the loaf, cut in quarters and sauté each in cast iron frying pan in olive oil approximately 3 minutes per side (medium heat).

Hamburger Loaf

Alternatively, after mixing and forming the loaf, cut into eighths and sauté, in a cast iron frying pan in olive oil, at medium heat for approximately 3-4 minutes per side