

# Meatloaf



Prep time: 20 minutes  
Bake time: 1 1/2 hours  
Serves 3—4

## *What you will need*

2 Pounds ground venison or beef	½ Tablespoon apple cider vinegar
½ Tablespoon garlic - minced	2 Rolls Ritz crackers - crushed
½ Cup onion - chopped	2 Tablespoons Chia seeds
½ Cup green pepper - chopped	½ Teaspoon thyme
¼ Cup milk	½ Teaspoon Rosemary
2 Eggs – beaten	½ Teaspoon pepper
2 Tablespoons ketchup	½ Teaspoon salt
2 Tablespoons Worcestershire sauce	

## *Sauce*

½ Cup BBQ sauce	½ Cup Vinegar
½ Cup ketchup	3 Teaspoons Sriracha
¼ Cup brown sugar	

## *Directions*

Preheat oven to 350°. In large bowl combine 2 pounds ground and thawed venison with garlic, onion, and green pepper. Add Worcestershire sauce, ketchup, apple cider vinegar, milk and 2 eggs. Next add rosemary, thyme, salt, pepper and chia seeds; mix everything together using your hands. Wash Hands

Take 2 rolls of Ritz crackers out of the box and using your hands crumble 4 – 5 crackers at a time into the bowl then mix all together. In a 8.5 x 4.5 x 2.5 Pyrex baking dish place meatloaf mixture inside and pack down.

In small bowl combine BBQ sauce, ketchup, brown sugar, apple cider vinegar and Sriracha. Depending on how spicy you like it you can always add more Sriracha. Spoon a layer of sauce over top of meatloaf; save additional sauce.

Place meatloaf uncovered in oven and bake for 1 ½ hours or until temp reaches 160°. Every 30 minutes spoon another layer of sauce mixture over meatloaf until fully cooked.

If you have any remaining meat mixture you can make meatballs. On foil lined baking sheet, roll mixture into 1 inch balls and bake at 350° for 20 minutes.