

CREMINI MUSHROOM MEAT LOAF

(adapted from Cooking Light)

1 pound cremini mushrooms
1 tablespoon canola oil
1 shallot, minced
1 garlic clove, minced
2 tablespoons dry sherry
2 teaspoons chopped fresh thyme
1/4 cup almond flour
3/4 teaspoon kosher salt
1/2 teaspoon ground black pepper
8 ounces ground sirloin
1 large egg, lightly beaten
Cooking spray
1/4 cup ketchup, divided

Heat oven to 375°.

Place the mushrooms in a food processor; process until minced. Do it in two batches if necessary.

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add minced shallot; sauté 3 minutes. Add garlic; sauté 1 minute. Add mushrooms; cook 7 minutes or until liquid evaporates and mushrooms begin to brown. Add sherry; cook 1 minute, stirring frequently. Remove from heat; stir in thyme. Cool slightly.

Combine mushroom mixture, almond flour, and next 4 ingredients (through egg), mixing until well combined. Shape mixture into a free-form loaf on a foil-lined baking sheet coated with cooking spray. Bake at 375° for 20 minutes. Remove from oven; brush with half of ketchup. Bake an additional 10 to 15 minutes or until a thermometer registers 160°. Remove from oven; brush with remaining ketchup, if desired. Cut into 8 slices.