**Claim Jumper meat loaf recipe**

<https://recipegoldmine.com/ccc/claim-jumper-meatloaf.html>

INGREDIENTS

2 teaspoons vegetable oil

1 green onion, minced

2 cloves garlic, minced

2 tablespoons minced green bell pepper

2 tablespoons grated carrot

2 eggs, beaten

1 cup milk

2 teaspoons salt

1/2 teaspoon ground black pepper

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1 1/2 pounds ground chuck

3/4 pound ground pork

1 cup breadcrumbs

1/2 cup all-purpose flour

1/4 cup ketchup plus additional 1/4 cup ketchup (for top)

PREPARATION

1. Preheat oven to 350 degrees.

2. Sauté green onion, garlic, green pepper and carrot in vegetable oil over medium heat for a couple minutes.

3. Combine beaten eggs with milk, salt, black pepper, garlic powder and onion powder in a medium bowl.

4. In a large bowl, mix breadcrumbs and flour into ground chuck and ground pork with your hands. Add egg and milk mixture, sautéed veggies, 1/4 cup ketchup and mix it up using your hands.

5. Press the mixture into a meatloaf pan or large loaf pan. Bake for 30 minutes, then spread 1/4 cup of ketchup over top of meatloaf and bake for 1 hour.

Let sit for 5 minutes after removing from oven before serving.