



**Nova Scotia
Apples**
Pick An Original



Annapolis Valley Apple Meatloaf

Meatloaf

- 2 lbs lean ground beef
- 2 slices bread (preferably whole wheat)
- 1 onion finely chopped
- 1 clove garlic, minced
- 1 egg, beaten
- 1 large Cortland apple, finely chopped
- 1/4 cup rolled oats
- 1 tbsp chopped fresh parsley
- Salt and pepper to taste

Topping

- 1/4 cup ketchup
- 1/4 cup apple juice
- 1/3 cup honey
- 1/2 tsp dijon mustard

Preheat oven to 350 degrees F. Combine meatloaf ingredients in a large mixing bowl. Mix well. Spread mixture in a large loaf pan. Bake for 1 hour. Remove from oven, whisk topping ingredients together and pour over meatloaf, return to oven and continue to bake for an additional 30 minutes.

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