

# FOOD

## Cajun Style Meatloaf

### Ingredients

- 2 bay leaves
- 1 teaspoon salt
- 1 teaspoon ground cayenne pepper
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground nutmeg
- 4 tablespoons butter
- 3/4 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/4 cup chopped green onions
- 4 cloves garlic, minced
- 1 tablespoon hot pepper sauce
- 1 tablespoon Worcestershire sauce
- 1/2 cup evaporated milk
- 1/2 cup ketchup
- 1 1/2 pounds ground beef
- 1/2 pound andouille sausage, casings removed
- 2 eggs, beaten
- 1 cup dried bread crumbs



### Directions

1. In a small bowl, combine the bay leaves, salt, cayenne pepper, ground black pepper, ground white pepper, cumin, and nutmeg; set aside.
2. Melt the butter or margarine in a saucepan over medium heat. Add the onion, bell pepper, green onions, garlic, hot pepper sauce, Worcestershire sauce, and reserved seasoning mix. Saute until mixture starts sticking to the bottom of the pan, about 6 minutes. Stir in the milk and ketchup; continue cooking for 2 more minutes, stirring occasionally.
3. Remove vegetable mixture from heat, and allow to cool to room temperature. Place the beef and sausage in an ungreased 9x13 inch baking dish. Add the eggs, the vegetable mixture, and the bread crumbs. Remove the bay leaves. Mix well by hand, and form into a loaf about 1 1/2 inches high.
4. Bake uncovered at 350 degrees F (175 degrees C) for 25 minutes. Then raise heat to 400 degrees F (200 degrees C) and bake for another 35 minutes. Let stand for 5 minutes before serving.

## Blueberry Lemon Coffee Cake

### Ingredients

- 3 cups KELLOGG'S® RICE KRISPIES® cereal, crushed
- 1 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1/2 cup margarine or butter
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 egg
- 3/4 cup buttermilk
- 1 teaspoon grated lemon peel
- 1/2 cup blueberry or mixed berry fruit spread



### Directions

1. In large mixing bowl, stir together KELLOGG'S® RICE KRISPIES® cereal, flour and sugar. Using pastry blender, cut in margarine. Remove 1/2 cup mixture and set aside for topping. To remaining mixture, stir in baking powder, soda and salt.
2. Beat together egg, buttermilk and lemon peel. Add to cereal mixture, stirring only until combined. Spread 2/3 batter evenly over bottom of 9 x 1 1/2-inch round cake pan coated with cooking spray. Evenly spread fruit over batter to 1/2 inch of pan. Dot with remaining dough and carefully spread over fruit. (All of fruit will not be covered) Sprinkle top completely with reserved topping mixture.
3. Bake at 350 degrees F about 40 minutes or until wooden pick inserted in center comes out clean. Cool 15 minutes. Cut into wedges to serve

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