

# Moose Meatloaf

## Ingredients:

5 pounds ground moose, or substitute for other lean game meat	1 teaspoon ground black pepper
16 ounces breadcrumbs	1 tablespoon minced garlic
20 ounces skim milk	1/2 yellow onion, finely chopped
3 ounces tomato paste	1 cup carrots, grated
2 ounces fresh parsley, chopped	1/4 cup broccoli crowns, chopped
	1/2 cup cheddar cheese, shredded

## Directions:

1. Preheat oven to 350°F.
2. Mix the breadcrumbs, milk, tomato paste, parsley, black pepper, and garlic.
3. Roast onion, carrots, parsnip, and broccoli crowns.
4. Add breadcrumbs mix to meat by hand.
5. Prepare a sheet pan with plastic wrap covering bottom.
6. Spread meat over three quarters of sheet pan. Leave about 3 inches of one side unfilled.
7. Spread veggies over the meat, leaving about 1 inch clean on all sides.
8. Sprinkle cheese all over.
9. Pull plastic from edges and roll over, starting from top and working toward the bottom.
10. Transfer to sheet pan lined with parchment paper, placing folded side down at an angle. Be sure to remove all plastic. Bake for 25 minutes.
11. Cut into 6-ounce portions. Serving size is one 6-ounce portion.

## Nutrition Facts

Serving Size 6 ounce (320g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 380	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein</b> 49g	
Vitamin A 45%	Vitamin C 40%
Calcium 10%	Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

**Benteh Nuutah**  
**Valley Native Primary Care Center**  
**Wellness Center**  
 (907) 631-7630  
 southcentralfoundation.com

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