



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Black Rice Curried Meatloaf

Adapted from *Eating Well*

Makes 8 servings

- ½ cup rice blend, wild rice, or long-grain brown rice
- 1 cup water
- 1 medium zucchini, shredded
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 medium yellow onion, finely chopped
- 2 celery stalks, finely chopped
- 1 tablespoon curry powder
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 2 pounds lean ground beef, venison, or buffalo
- 1 large egg, beaten
- 1/3 cup mango chutney or salsa, plus more for serving, if desired

Bring rice and water to a boil in a small saucepan over high heat. Reduce heat to low, cover, and simmer until the water is absorbed and the rice is tender, about 45 minutes. Remove from heat and let stand, covered, for 10 minutes. Meanwhile, squeeze any excess moisture from zucchini and put in a large mixing bowl. Add ginger, garlic, onion, celery. Stir in curry powder, Worcestershire sauce, and salt until combined. Preheat oven to 350°F. Coat a rimmed baking sheet or broiler pan with cooking spray. Spoon the cooked rice onto a clean cutting board and chop the grains into small bits with a large knife, or pulse in a food processor until chopped. Transfer to the bowl with the vegetables, add ground beef and egg and gently mix well. Place the mixture on the prepared pan and shape into a loaf, about 10 inches by 5 inches. Spread chutney or salsa evenly over the top. Bake until an instant-read thermometer inserted into the center of the meatloaf registers 165°F, 1 hour to 1 1/4 hours. Let cool for 10 minutes before slicing. Serve with additional sauce, if desired.

Grass-fed beef is richer in beneficial fatty acids. It has significantly more omega-3's, according to some studies, than conventional beef. Take care not to overcook grass fed or lean beef as it tends to become tough. The same holds for ground venison and buffalo.