

# Mexi Meatloaf

## Ingredients:

- 2 pounds ground grassfed beef
- 1 cup fire roasted salsa, plus 1/4 cup divided (you can also use homemade here)
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon sea salt (or more to taste)
- 1 teaspoon ground black pepper
- 1 large yellow onion, diced
- 1 pastured egg
- 1/4 cup tapioca starch, arrowroot, or **cassava flour**
- 1 tablespoon ghee, avocado oil, or olive oil

1. Combine all ingredients in a bowl except for the oil, mixing together well by hand (reserving 1/4 cup of the salsa)
2. Form a loaf with your meat mixture, pressing it together firmly – it can sometimes split while cooking in the Instant Pot (you can also wrap it tightly in foil instead. If you do this, omit the oil and place the foil wrapped meatloaf on the steamer rack and pour in a cup of water underneath)
3. Take your 1 tablespoon of cooking fat and drop it into the stainless bowl of your Instant Pot
4. Now press the “Saute” feature to heat and/or melt the cooking fat
5. Now gently transfer your uncooked meatloaf into the Instant Pot, placing it on the cooking fat
6. Spoon the 1/4 cup of remaining fire roasted salsa on top of your meatloaf
7. Close the lid and select the “Meat/Stew” setting; make sure your display reads “35” minutes and is set on “Normal” pressure
8. Ensure the pressure valve is closed and wait until the cook time has completed before quick releasing the pressure valve
9. Open the lid when safe to do so and carefully remove your meatloaf
10. Serve with fresh cilantro sprigs



*This is a Paleo recipe. Can also be done in meatballs with shortened cooking time*