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LARISSA TABORSKI

MEXICAN MEATLOAF

CLASSIC RED RICE

ROASTED FISH

Meal Preparation Plan

When you turn your oven to cook something for dinner, always ask yourself, can I cook another part of the meal at the same time in the oven? One nice feature of this meal is that both dishes can be cooked and served in the same dish. If another family member prefers to eat fish, just add it in for about 10 minutes prior to serving.

This meatloaf recipe is a great example of taking a classic recipe and jazzing it up with different flavors and a new presentation. Allow 10 minutes to assemble the meatloaf, at least 50 minutes to bake in the oven and 10 minutes to rest. The Red Rice includes a variety of vegetables and will cook in about 20- 25 minutes, so it can go in about 30 minutes after the meatloaf and both dishes will be ready to serve at the same time.

Mexican Meatloaf

2 - lbs ground sirloin

- 2 - large eggs
- $\frac{3}{4}$ - teaspoon ground cumin
- 1 - teaspoon chili powder
- 1 - teaspoon kosher salt
- 1 $\frac{1}{2}$ - cups Monterey Jack cheese
- 2 - cups fresh Tomato Salsa
- 1 - cup fresh dried breadcrumbs
- 3 - 8" corn tortillas, cut into thin ribbons and ribbons cut in half.

Preparation

Preheat the oven in the Convection Bake or Convection Roast Mode 350 degrees.

Combine the beef, eggs, cumin, chili powder, salt and a heaping cup of shredded cheese in a large mixing bowl.

Measure 1 even cup of the salsa and add it to the mixing bowl together with the breadcrumbs and combine well with a gentle hand.

Press the meat mixture into a 9" pie pan and spread $\frac{1}{2}$ a cup of the salsa over the top.

Sprinkle the tortillas over the top of the meat and top with the remaining cheese.

CONVECTION MODE



Bake on rack position 4 or 5 counting up from the bottom for 50 - 60 minutes or until the meat comes away from the edge of the pie plate and the tortillas are crisp.

Set aside to cool for at least 10 - 12 minutes then cut into wedges.

Serve on a bed of shredded lettuce or coleslaw garnished with the remaining salsa.

Classic Red Rice

1 - 14 $\frac{1}{2}$ oz can whole tomatoes in juice, drained

3 - tablespoon chopped white onion

WRITE YOUR NOTES:



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2 - cloves garlic, peeled
1 - cup medium grain white rice
1 - cup hot water
1 - medium carrot, peeled, cut into small dice
 $\frac{1}{3}$ - cup frozen peas
 $\frac{1}{3}$ - cup frozen or fresh corn kernels
6 - sprigs cilantro, tied together
2 - serrano chiles, halved (if you like the spice)
1 - teaspoon salt

Preparation

Combine the tomatoes, onion and garlic and puree until smooth.

Combine the rice, tomato puree, hot water, carrot, peas and corn, cilantro sprigs and chilies and salt in an oven-safe pan or casserole dish.

Cover and place in the oven on rack position 2 (1 up from the bottom) and cook for 20 minutes.

Very carefully remove the cover, crack it a little first then remove so you don't get a burst of steam in your face.

Cook for another 10 minutes uncovered then remove from the oven and let stand for at least 5 minutes before discarding the cilantro and chilies and fluffing with a fork.