Middle Eastern Meat Loaf

[**MARIALISA CALTA**](http://cooking.nytimes.com/search?q=Marialisa+Calta)

* **YIELD**6 to 8 servings

FOR THE MEATLOAF

* **1** **pound lean ground beef**
* **1** **pound ground lamb**
* **2** **eggs**
* **1** **cup milk**
* **½** **cup rolled oats**
* **½** **cup chopped parsley**
* **1** **cup onion, minced**
* **½** **cup green pepper, minced**
* **Juice of 1/2 lemon**
* **Grated zest of 1/2 orange**
* **1** **cup pine nuts**
* **1** **cup raisins**
* **1** **teaspoon ground allspice**
* **1** **teaspoon dried thyme**
* **1 ½** **teaspoons salt**
* **1** **teaspoon black pepper**
* **2** **cloves garlic, minced**
* **3** **tablespoons Worcestershire sauce**
* **2** **tablespoons melted butter**

FOR THE SAUCE

* **2** **tablespoons butter**
* **1** **cup finely chopped onions**
* **½** **cup finely chopped green pepper**
* **1** **bay leaf**
* **1** **clove garlic, minced**
* **Juice of 1 lemon**
* **½** **cup raisins**
* **1** **teaspoon dried thyme**
* **1** **teaspoon ground allspice**
* **4** **cups canned tomatoes, with their juice**
* **2** **tablespoons tomato paste**
* **3** **tablespoons chopped parsley**

Nutritional Information

PREPARATION

FOR THE MEATLOAF

1. Preheat oven to 425 degrees.
2. In a bowl, thoroughly combine the ground beef and the lamb. In a separate bowl, beat the eggs. Stir in the milk and oats. Pour into the meats. Mix thoroughly.
3. Add all other ingredients except melted butter. Mix well.
4. Shape mixture into an oval loaf and place in a roasting pan. Drizzle with melted butter and bake for 1 hour. Serve with sauce.

FOR THE SAUCE

1. In a skillet, heat the butter. Add the onions, green pepper and bay leaf and saute until onion is translucent and limp, about 5 to 10 minutes.
2. Add the remaining ingredients, except tomato paste and parsley, breaking the tomatoes into small pieces as you add them. Simmer for 30 minutes, or until sauce begins to thicken.
3. Add the tomato paste and stir well. Cook 15 minutes. Add the parsley, stir well. Serve over Middle Eastern Meat Loaf.