

Bacon Meatloaf



Homemade meals can make everyone healthier, happier, and more connected. All our meals are designed to meet each Lotus Park's family member needs by a licensed dietitian, and made fresh daily by loving people. Today we share our love with Bacon Meatloaf recipe.

Community you want, Cuisine we all love!

Procedure:

1. Preheat the oven to 350 degrees F.
2. In a bowl, mix together ground beef, CRUSHED crackers, FINELY CHOPPED onion, eggs, first listed amount of ketchup and sugar, Worcestershire, and garlic powder until well blended. Press into a baking pan. Lay the bacon over the top. Bake for 1 hour in the preheated oven or until cooked through (internal temp must be 160 F).
3. TOPPING: While loaf bakes, mix together the 2nd amount of ketchup, vinegar, salt, mustard and brown sugar. Spread over the top of the meat loaf for the last 15 minutes of baking.

Tips:

You can omit bacon and topping OR replace all sugar with equivalent amount of sugar substitute.

It is particularly delicious served with some steamed veggies and sweet potato mash and paired with loving company.

Cooking Time: 1 Hour

Cooking Temp: 350 °F **Servings:** 6-8

Ingredients:

Beef, Ground 90/10 2 lbs
Cracker, Butter Round (Ritz) 1 sleeve
Onions 1 medium
Eggs 2 large
Ketchup 1/4 cup
Sugar, Brown 1 tbsp
Sauce, Worcestershire 2 tbsp
Garlic, Granulated (Powder) 1 tsp
Bacon 6 oz

Topping:

Ketchup 1/4 cup
Vinegar, Cider 2 tsp
Salt 1 tsp
Mustard 1 tsp
Sugar, Brown 2 tbsp