

BBQ Meatloaf



Serves 10

Ingredients:

- 2 pounds lean ground beef*
- 1 pound lean ground pork*
- 1/2 cup onion, chopped fine
- 1/2 cup almond flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 2 large eggs
- 1 cup sugar-free barbecue sauce

Adapted from AllDayIDreamAboutFood.com

Instructions:

1. In a large bowl, combine ground beef, ground pork, onion, almond flour, salt, pepper and garlic powder. Add in eggs and mix well with your hands until fully combined.
2. On a large sheet of tinfoil, shape mixture into loaf roughly 5 x 9 inches. Lift foil by edges and place in a 6-quart slow cooker.
3. Set slow cooker to low and cook 5 to 6 hours. In the last half hour of cooking, brush the top and sides with about 1/3 cup barbecue sauce.
4. Use two serving forks to lift the meatloaf out of the slow cooker and onto a serving platter. Slice and serve with remaining barbecue sauce.

Note:

*If using fattier ground beef and pork, make sure to put a rack or some balled up tinfoil in the bottom of your slow cooker. Otherwise, the meatloaf will be soggy with grease by the end of cooking.

Nutrition per serving: Calories 317; Total Fat 18.0 g; Saturated Fat 5.8 g; Monounsaturated Fat 8.4 g; Polyunsaturated Fat 2.1 g; Total Carbohydrates 16.5 g; Dietary Fiber 1.7 g; Sugar Alcohols 12.1 g; Sugar 2.0 g; Protein 28.9 g; Sodium 627 mg