

BBQ Meatloaf

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 1 hour minutes

Serves: 8 or more

CChints: Check the fat content of the ground beef you purchase. You want to make sure it is lean. Sometimes ground turkey can have just as much fat as a not so lean ground beef. Read the packaging carefully.



2 pounds lean ground beef
1 medium onion, diced
2 stalks celery, diced
1/2 cup red bell pepper, diced
1/4 cup green bell pepper, diced
2 cloves minced garlic, fresh or from a jar
1/2 teaspoon salt and dash of pepper
6 ounce box Stove Top® Stuffing Mix, Cornbread flavor
3/4 cup water
2 eggs, beaten or 1/2 cup liquid egg substitute
3/4 cup honey BBQ sauce or your favorite flavor, divided
Optional: extra sauce for serving or catsup

Preheat oven to 375 degree F. For easy clean up line a 9x13 baking pan with one piece of heavy duty foil that covers both ends and goes up the sides of the pan. Crimp the foil over the top edges of the pan.

In a large mixing bowl, combine the ground beef through the eggs. Stir in 1/2 cup BBQ sauce and blend all the ingredients together well. Your hands work great to blend everything together but a good stir spoon will work, too. Divide the meat mixture in half to make 2 loaves. Pour half the mixture into the pan and shape the loaf at one end of the pan to about 5x9 inches and 2 inches high. Then do the same with the remaining meat at the other end of the pan. Push each loaf about 1/2 inch away from the pan sides and ends.

Spread the remaining BBQ sauce over the top of each loaf and bake for 1 hour. During this time, prepare your side dishes, set the table and do a little kitchen clean up.

Remove the pan from the oven. Carefully spoon out the excess fatty juices and let stand for 5 minutes. Gently slide a spatula under a loaf, being careful not to dig into the foil. Transfer it to a serving platter and slice into serving size pieces. You can do the same with the other loaf or take it out of the pan and put in an air-tight container or wrap well in a new piece of foil. Refrigerate when it has cooled down.

Serve with extra sauce, mashed or baked potatoes and your favorite side vegetables.

Leftover meatloaf makes a great second meal or excellent sandwiches.

Carolelicious!