

Recipes from

Kristi's Kitchen

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BBQ Meatloaf

* Freezer Meal & Crock Pot Recipe *

**This is a very delicious, easy meal, and a family favorite!*

Ingredients:

1 ¼ lbs. ground meat
5 Tbsp. BBQ sauce (or ¼ c. plus 1 Tbsp)
2 ½ Tbsp. water
¼ cup egg substitute (1 eggs)
¾ cup oats (or a bit more)
1 ¼ tsp. chili powder

Serves: 6

1 ¼ tsp. Worcestershire sauce
1 tsp. salt
¾ cup onion (~ ½ c.)
½ cup bell pepper, chopped
½ cup BBQ sauce on top of loaf
½ cup Zucchini, grated (optional)

Add at the end:

1 Lg. (27oz) can kidney beans, drained & rinsed

Plus: Your favorite chili toppings! Try sprinkling chopped, fresh cilantro (or parsley) on top! Delicious!

Directions:

- Preheat 375°F
- Mix all ingredients together.
- Place loaf in pan (on a cookie sheet) uncovered.
- Bake one hour or until internal temperature is 165°F.
- Allow to sit for 10 minutes.

Crockpot Version:

- Mix all ingredients well. Form into a loaf and place in the center of the crock pot, not touching the sides. Cover and cook on low for 6 hours or high for 3 hours.

Tips:

- I use red bell pepper, if I have any on hand. I chop it up really fine so the kids don't find it. I also often add grated zucchini to it.

Goes Great With: Broccoli or green beans, with a big green salad, and bread or potatoes

If freezing:

- Mix all ingredients and put in a ziplock. Flatten the loaf and place the extra BBQ sauce for the topping in a small ziplock bag. Place both bags in another ziplock bag and place a label on it.