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## TURKEY MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 5 mins

Servings: 5



### INGREDIENTS

2 tablespoons butter  
1 cup onion, chopped  
3 cloves garlic, minced  
1 1/4 lbs ground turkey  
1/2 cup breadcrumbs  
1 egg 3/4 cup catsup  
2 teaspoons Worcestershire sauce  
3/4 teaspoon salt  
1/2 teaspoon black pepper

### DIRECTIONS

1. Heat skillet over medium-high heat and then place butter to melt.
2. Once butter is melted, sauté the onion and garlic for at least 5 minutes with occasional stirring.
3. Transfer onion and garlic mixture into a bowl and let cool for about 5 minutes.
4. Meanwhile, incorporate the breadcrumbs with ground turkey, egg, 1/4 cup catsup, Worcestershire sauce, pepper and salt. Add in the sautéed onion and garlic. Blend well

5. Place meatloaf recipe into a 4x8 inch pan and press mixture to fit into the pan evenly.
6. Equally place the rest of catsup around the meatloaf and place in the oven to bake for about 50-55 minutes at 350 degrees.
7. Once done, take meatloaf out from the oven and let cool before slicing and serving.
8. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (213 g)		Total Fat 14.9g	23%
Servings Per Recipe: 5		Saturated Fat 5.6g	28%
Amount Per Serving	% Daily Value	Cholesterol 127.7mg	42%
Calories 318.4		Sugars 10.5 g	
Calories from Fat 134	42%	Sodium 973.3mg	40%
		Total Carbohydrate 21.0g	7%
		Dietary Fiber 1.2g	4%
		Sugars 10.5 g	42%
		Protein 26.1g	52%

#### Variations:

- Use whole wheat bread crumbs and small (8oz) can of tomato sauce in place of ketchup.
- Substitute cooked whole grain brown rice for bread crumbs for improved texture.

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## THE BEST AMISH MEATLOAF RECIPE

Prep Time: 15 mins

Total Time: 1 hr 30 mins

Servings: 4-6



### INGREDIENTS

2 lbs extra lean ground beef

1 3/4 cups Ritz crackers, crushed

1 small onion, chopped finely

2 eggs, slightly beaten  
 3/4 cup ketchup  
 2 teaspoons garlic salt  
 1/4-1/2 teaspoon pepper  
 2 slices of regular-sliced bacon

## FOR SAUCE

1/2 cup ketchup  
 1/4 teaspoon salt  
 1/2 teaspoon dry mustard  
 2 tablespoons dark brown sugar  
 1/8-1/4 teaspoon pepper

## DIRECTIONS

1. Incorporate the initial seven ingredients in a large mixing bowl and then transfer into a loaf pan. Press to fit evenly.
2. Lay bacon strips atop of the meatloaf and then bake in the oven for about 1 hour over 350 degrees F.
3. For the meantime, incorporate the sauce ingredients together in a small bowl. Mix well.
4. After an hour of baking, dispense the sauce mixture into the meatloaf and then bake further for another 15-20 minutes.
5. Let cool before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (255 g)		Total Fat 21.8g	33%
Servings Per Recipe: 4		Saturated Fat 7.9g	39%
Amount Per Serving	% Daily Value	Cholesterol 236.2mg	78%
Calories 604.8		Sugars 26.7 g	
Calories from Fat 196	32%	Sodium 1431.1mg	59%
		Total Carbohydrate 45.2g	15%
		Dietary Fiber 1.3g	5%
		Sugars 26.7 g	107%
		Protein 55.8g	111%

Variations:

- Use Miss Tink's House Seasoning in place of garlic salt.
- Add Smokehouse pepper, onion powder, and Worcestershire to the sauce.

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## BROWN SUGAR MEATLOAF

Prep Time: 20 mins

Total Time: 1 hr 20 mins

Servings: 6-8



## INGREDIENTS

no 1/2 cup brown sugar, packed  
1/2 cup ketchup  
1 1/2 lbs lean ground beef  
3/4 cup milk  
2 eggs  
1 1/2 teaspoons salt  
1/4 teaspoon ground black pepper  
1 small onion, chopped  
1/4 teaspoon ground ginger  
3/4 cup saltine crumbs, finely crushed

## DIRECTIONS

1. Heat up your oven at 350 degrees F, and lightly oil or butter a 9x5 inch loaf pan
2. Sprinkle sugar into the loaf pan base and then pour catsup over the sugar.  
Reserve,
3. Incorporate the rest of ingredients in a bowl and knead into dough.
4. Transfer mixture into the loaf pan on top of the ketchup and sugar.
5. Place in the preheated oven and bake for at least 1 hour or until done.
6. Let cool before serving.



NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (160 g)		Total Fat 14.2g	21%
Servings Per Recipe: 6		Saturated Fat 5.8g	29%
Amount Per Serving	% Daily Value	Cholesterol 139.9mg	46%
Calories 344.6		Sugars 22.9 g	
Calories from Fat 128	37%	Sodium 943.0mg	39%
		Total Carbohydrate 27.0g	9%
		Dietary Fiber 0.3g	1%
		Sugars 22.9 g	91%
		Protein 26.4g	52%

#### Variations:

- Reduce the ratio of the sugar from ½ cup to 1/8 cup to reduce the sweetness of the meatloaf.
- Try adding a little ginger to the mixture.

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## REALLY GOOD VEGETARIAN MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 25 mins

Servings: 4-6



### INGREDIENTS

2 cups water

1 teaspoon salt

1 cup lentils

1 small onion, diced

1 cup quick-cooking oats

3/4 cup grated cheddar cheese or 3/4 cup Swiss cheese, cheese or 3/4 cup Monterey jack cheese or 3/4 cup American cheese

1 egg, beaten

4 1/2 ounces spaghetti sauce or 4 1/2 ounces tomato sauce

1 teaspoon garlic powder

1 teaspoon dried basil

1 tablespoon dried parsley

1/2 teaspoon seasoning salt

1/4 teaspoon black pepper

## DIRECTIONS

1. In a large pot, boil water and salt over high heat. Add in lentils and let simmer for about 25-30 minutes covered, or until lentils are tender and water is reduced.
2. Turn off heat and then drain.
3. Moderately mash the drained lentils and then transfer into a large mixing bowl to cool.
4. Add up onions, cheese and oats and mix until well combined.
5. Add in tomato sauce, egg, parsley, basil, garlic, pepper and salt. Blend well
6. Ladle mixture into the greased loaf pan and spread evenly to the sides.
7. Place in the oven and bake for at least 30-40 minutes at 350 degrees F or until done.
8. Let cook for approximately 10 minutes before slicing.
9. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (173 g)		Total Fat 10.2g	15%
Servings Per Recipe: 4		Saturated Fat 5.2g	26%
Amount Per Serving	% Daily Value	Cholesterol 69.0mg	23%
Calories 263.9		Sugars 3.5 g	
Calories from Fat 92	34%	Sodium 810.4mg	33%
		Total Carbohydrate 28.9g	9%
		Dietary Fiber 6.9g	27%
		Sugars 3.5 g	14%
		Protein 14.7g	29%

## Variations:

- Add celery, red onion, and mixed BBQ sauce with the tomato sauce.
- Use food processor to mash the lentils and add an extra egg to keep loaf sticking together.

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## MEATLOAF #1

Prep Time: 10 mins

Total Time: 1 hr 40 mins

Servings: 8



## INGREDIENTS

1 1/2 lbs ground beef  
 1/2 cup minced onion  
 1 egg  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 1/4 cup minced green pepper  
 1 (10 1/2 ounce) cans condensed golden mushroom soup  
 1 cup seasoned stuffing mix, i use Pepperidge farms  
 1/4 cup evaporated milk

### DIRECTIONS

1. Incorporate all the ingredients together in a bowl. Combine well.
2. Transfer mixture into greased loaf pan and bake for at least 1-1/2 hours at 350 degrees F.
3. Cover meatloaf with foil to avoid it from burning.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (156 g)		Total Fat 15.3g	23%
Servings Per Recipe: 8		Saturated Fat 6.0g	30%
Amount Per Serving	% Daily Value	Cholesterol 85.8mg	28%
Calories 235.7		Sugars 1.5 g	
Calories from Fat 137	58%	Sodium 684.2mg	28%
		Total Carbohydrate 5.1g	1%
		Dietary Fiber 0.3g	1%
		Sugars 1.5 g	6%
		Protein 18.3g	36%

Variations:

- Add some fresh chopped garlic for flavor.

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## MEATLOAF RECIPE 02

Prep Time: 30 mins

Total Time: 1 hr 30 mins

Serves: 6, Yield: 1 loaf



## INGREDIENTS

1 tablespoon olive oil  
1/2 medium yellow onion, diced  
1 garlic clove, minced  
1 medium red pepper, finely diced  
1 bay leaf  
2 tablespoons chopped fresh flat-leaf parsley  
2 teaspoons chopped fresh thyme  
2 lbs lean ground beef  
2 large eggs, lightly beaten  
3/4 cup dry breadcrumbs  
1 cup ketchup  
1 tablespoon Worcestershire sauce  
2 teaspoons kosher salt  
1 teaspoon fresh ground black pepper

## DIRECTIONS

1. Heat up your oven at 350 degrees. Line baking pan with parchment and lightly spray with nonstick cooking spray. Reserve
2. Heat a skillet over medium-high heat, pour olive oil.
3. Once oil is hot, cook onions, bay leaf and garlic until soft for about 3 minutes. Add in the red pepper and cook further for about 5 minutes more.

4. Add in thyme and parsley and cook for 2 minutes more.
5. Turn off heat and remove the bay leaf. Set aside
6. For the meantime, blend the beef with eggs, ½ cup ketchup, breadcrumbs, cooled vegetables, Worcestershire sauce and then season with pepper and salt. Knead mixture with your hands.
7. Ladle mixture into the paper lined pan and bake in the oven for about 1 hour or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (259 g)		Total Fat 19.8g	30%
Servings Per Recipe: 6		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 160.2mg	53%
Calories 416.4		Sugars 11.5 g	
Calories from Fat 179	42%	Sodium 1279.0mg	53%
		Total Carbohydrate 23.0g	7%
		Dietary Fiber 1.4g	5%
		Sugars 11.5 g	46%
		Protein 35.2g	70%

8. Let stand for few minutes before serving. Enjoy!

#### Variations:

- Add the ketchup to the top in the last 30 minutes of baking to keep it from burning.
- You can also use 1 ½ pounds of ground beef and 1 ½ pounds of ground pork.



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## ROSEMARY MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 8



## INGREDIENTS

2 large eggs  
3/4 cup water, milk or 3/4 cup broth  
3/4 cup rolled oats  
2 teaspoons instant minced onion  
1 1/2 teaspoons salt  
1/2 teaspoon thyme leaves  
1/2 teaspoon rosemary, crumbled  
1/2 teaspoon pepper  
2 lbs lean ground beef  
1/2 cup ketchup

## DIRECTIONS

1. Heat up your oven at 350 degrees F, and lightly grease your pan with cooking spray.
2. In a medium bowl, whisk eggs using a fork and then add in oatmeal and water. Let rest for few minutes allowing the oats to absorb the liquid.
3. Add in the rest of ingredients leaving the meat behind.
4. Spoon mixture into the loaf pan and spread to even it out.
5. Create a notch in the middle of the meatloaf and stuff with the rest of ketchup.
6. Place in the oven and bake for about 1 hour or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (172 g)		Total Fat 13.1g	20%
Servings Per Recipe: 8		Saturated Fat 5.0g	25%
Amount Per Serving	% Daily Value	Cholesterol 126.5mg	42%
Calories 262.7		Sugars 3.7 g	
Calories from Fat 118	44%	Sodium 696.3mg	29%
		Total Carbohydrate 9.2g	3%
		Dietary Fiber 0.8g	3%
		Sugars 3.7 g	14%
		Protein 25.7g	51%

7. Take it out from the oven and let cool a bit before serving it up.

### Variations:

- Add a little extra oats and some ketchup to the actual mix.
- You can use 8 oz. can of tomato sauce instead of ketchup.

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## TURKEY MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings: 4



## INGREDIENTS

1 lb ground turkey breast  
1/3 cup quick-cooking oats  
1/4 cup nonfat milk  
1 egg, beaten  
1/3 cup chili sauce

1 small onion, finely chopped  
1 small red pepper, finely chopped  
1 tablespoon Worcestershire sauce  
salt and pepper  
ketchup

## DIRECTIONS

1. Lightly spray loaf pan with cooking spray and heat up your oven at 350 degrees.
2. Incorporate the milk with the oats in a medium bowl and let oats soak in the milk until the milk is fully absorbed.
3. In another bowl, leaving the ketchup behind, blend the rest of ingredients together and then add in the soaked oats.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (211 g)		Total Fat 2.5g	3%
Servings Per Recipe: 4		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 117.1mg	39%
Calories 214.3		Sugars 5.2 g	
Calories from Fat 22	10%	Sodium 427.3mg	17%
		Total Carbohydrate 13.4g	4%
		Dietary Fiber 2.7g	10%
		Sugars 5.2 g	20%
		Protein 31.8g	63%

4. Spoon mixture into the greased loaf pan and spread to even it out. Glaze meatloaf with ketchup
5. Place meatloaf in the oven and bake for approximately 60 minutes or until done.

## Variations:

- Add a large clove of minced garlic, and sautéed the onion, bell pepper (not red pepper) and garlic in a skillet sprayed with cooking spray.

- You can also use 1 lb ground turkey, 5 diced baby carrots, 1/3 of a finely diced onion, 1 egg, 1/2 diced yellow pepper, subbed A1 steak sauce for the chili sauce and ketchup.

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## SPINACH MEATLOAF

Prep Time: 10 mins

Total Time: 55 mins

Yield: 1 loaf



## INGREDIENTS

2 eggs  
1 1/2 lbs lean ground beef  
1/2 cup oats  
1/2 cup wheat germ  
1/2 cup shredded carrot  
1/4 cup onion  
10 ounce frozen spinach, thawed  
1/2 cup milk  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup steak sauce

## DIRECTIONS

1. Incorporate all the ingredients in a bowl and knead to form dough, aside from the steak sauce.
2. Place in the loaf pan and then bake for about 45 minutes or until done.
3. Glaze with steak sauce in the last 10 minutes of baking.
4. Let cool before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (2261 g)		Total Fat 95.0g	146%
Servings Per Recipe: 1		Saturated Fat 35.6g	178%
Amount Per Serving	% Daily Value	Cholesterol 831.3mg	277%
Calories 2064.7		Sugars 7.1 g	
Calories from Fat 855	41%	Sodium 3261.9mg	135%
		Total Carbohydrate 111.6g	37%
		Dietary Fiber 27.6g	110%
		Sugars 7.1 g	28%
		Protein 191.6g	383%

Variations:

- You can use bread crumbs in place of oats.
- You can also use 2 lbs of ground turkey and 1 can of salsa, and reduce the milk to 1/8 cup.

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## MEATLOAF MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Yield: 12 muffins



## INGREDIENTS

1 1/2 lbs ground beef  
1 1/4 cups finely chopped onions  
1 cup breadcrumbs  
2/3 cup ketchup  
1 dash hot sauce  
1 dash Worcestershire sauce  
2/3 cup finely chopped fresh parsley  
3 large eggs, lightly beaten  
1/2 teaspoon thyme  
1 teaspoon salt  
1/2 teaspoon pepper  
barbecue sauce, for glaze



## DIRECTIONS

1. Using a large bowl, incorporate the ingredients together and blend well.
2. Lightly, grease the muffin pans and then spoon meatloaf mixture into the pan.
3. Glaze each muffin meatloaf with BBQ sauce and bake in the oven for about 20 minutes or until done at 350 degrees F.
4. Let cool before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1345 g)		Total Fat 10.2g	15%
Servings Per Recipe: 1		Saturated Fat 3.8g	19%
Amount Per Serving	% Daily Value	Cholesterol 85.0mg	28%
Calories 196.4		Sugars 4.3 g	
Calories from Fat 92	47%	Sodium 466.3mg	19%
		Total Carbohydrate 11.7g	3%
		Dietary Fiber 0.8g	3%
		Sugars 4.3 g	17%
		Protein 13.8 g	27%

### Variations:

- You can add a little more hot sauce and a dash of cayenne.
- You can also use 95% lean ground beef.

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## MEATLOAF 03

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 6



## INGREDIENTS

2 lbs ground round

1 1/2 cups breadcrumbs

1 teaspoon Accent seasoning

1 1/4 ounce of Lipton Onion Soup Mix

3 slices bacon

2 eggs  
3/4 cup catsup  
Chili sauce

### DIRECTIONS

1. Leaving the chili and bacon behind, incorporate the rest of ingredients together in a bowl and blend well.
2. Transfer mixture into the loaf pan. Lay bacon on top of meatloaf and then pour in chili sauce around the meatloaf and then bake in the oven for at approximately 1 hour.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (234 g)		Total Fat 35.1g	54%
Servings Per Recipe: 6		Saturated Fat 13.0g	65%
Amount Per Serving	% Daily Value	Cholesterol 172.0mg	57%
Calories 579.0		Sugars 8.8 g	
Calories from Fat 316	54%	Sodium 1164.4mg	48%
		Total Carbohydrate 30.9g	10%
		Dietary Fiber 1.6g	6%
		Sugars 8.8 g	35%
		Protein 33.0g	66%

Variations:

- You can use ketchup or barbeque sauce in place of chili sauce.

- You can use ½ cup warm water and tomato sauce. Mix the warm water with the onion soup packet, and let it sit for 5 minutes to soften onion flakes.

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## CHEDDAR MEATLOAF

Prep Time: 10 mins

Total Time: 2 hrs 10 mins

Servings: 6-7



## INGREDIENTS

2 lbs ground beef  
1 1/2 cups Italian breadcrumbs  
16 ounce jars mild salsa  
1/4 cup ketchup  
1/2 cup cheddar cheese or 1/2 cup mozzarella cheese, small diced  
2 dashes basil  
2 dashes oregano  
2 dashes onion powder  
2 dashes garlic powder  
1 pinch salt  
1 pinch pepper  
1 egg  
Shredded cheese, for the top

## DIRECTIONS

1. Aside from the grated cheese, incorporate all the ingredients in a bowl and mix.
2. Ladle mixture into the loaf pan and then pour a little amount of ketchup around the meatloaf.
3. Bake in the oven for approximately 1 ½ hour at 375 degrees F.
4. Let set for few minutes before serving.

## NUTRITION FACTS

Serving Size: 1 (227 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 515.9

Calories from Fat 255

49%

Amount Per Serving

% Daily Value

Total Fat 28.3g

43%

Saturated Fat 11.5g

57%

Cholesterol 144.0mg

48%

Sugars 5.8 g

Sodium 1175.4mg

48%

Total Carbohydrate 27.0g

9%

Dietary Fiber 2.4g

9%

Sugars 5.8 g

23%

Protein 36.8g

73%

Variations:

- Use a medium gourmet salsa with cilantro.
- Use tomato sauce in place of ketchup.

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## EASY PLEASING MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 20 mins

Servings: 6-8



### INGREDIENTS

1 cup water  
2 lbs lean ground beef  
1/2 cup onion, finely diced  
6 1/4 ounce Stove Top stuffing mix  
2 eggs  
1/2 cup ketchup, divided

### DIRECTIONS

1. Incorporate the ingredients all together in a bowl aside from the ketchup.
2. Using an oval shape loaf pan, transfer meatloaf mixture and evenly spread the mixture to the sides.
3. Pour ketchup around the meatloaf and spread equally.
4. Bake for about 1 hour at 375 degrees F.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (202 g)		Total Fat 17.7g	27%
Servings Per Recipe: 6		Saturated Fat 6.9g	34%
Amount Per Serving	% Daily Value	Cholesterol 160.5mg	53%
Calories 428.8		Sugars 7.6 g	
Calories from Fat 160	37%	Sodium 763.6mg	31%
		Total Carbohydrate 28.9g	9%
		Dietary Fiber 1.2g	4%
		Sugars 7.6 g	30%
		Protein 36.0g	72%

Variations:

- You can also use ground beef and turkey sausage.
- Use sweet BBQ sauce in place of ketchup.



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## SIMPLE RANCH HOUSE MEATLOAF

Prep Time: 15 mins

Total Time: 2 hrs

Servings: 6-8



### INGREDIENTS

2 lbs ground beef ( i use lean)  
1/2 cup onion, finely chopped  
1 cup bread or 1 cup cracker crumb  
2 eggs  
7 1/2 ounces beef broth  
1 teaspoon salt  
1 teaspoon parsley  
1 teaspoon sage  
1 teaspoon thyme  
1/4 teaspoon pepper

### TOPPING

3 tablespoons brown sugar  
4 tablespoons ketchup  
1 teaspoon dry mustard

### DIRECTIONS

1. Incorporate all the meatloaf ingredients in a large mixing bowl. Mix well.
2. Transfer into loaf pan and then bake in the oven for about 1 hour or until done at 325 degree.
3. Take it out from the oven and then transfer into a serving platter.
4. Meanwhile prepare the toppings; combine all topping ingredients in a bowl and then glaze over the meatloaf. Bake further for 30 minutes.
5. Let cool before serving.

### ALTERNATE TOPPING:

4 tablespoons chili sauce  
3 tablespoons splenda  
4 tablespoons spreadable soft cream cheese - light  
1 tablespoon hot horseradish  
1 teaspoon dry mustard

Combine all and brush on top of meatloaf instead of above topping.

## NUTRITION FACTS

Serving Size: 1 (182 g)

Servings Per Recipe: 6

Amount Per Serving

Calories 415.0

Calories from Fat 223

% Daily Value

53%

Amount Per Serving

Total Fat 24.7g

Saturated Fat 9.5g

Cholesterol 164.8mg

Sugars 9.9 g

Sodium 795.2mg

Total Carbohydrate 14.7g

Dietary Fiber 0.5g

Sugars 9.9 g

Protein 31.6g

% Daily Value

38%

47%

54%

33%

4%

2%

39%

63%

Variations:

- Use 1 cup of cornflakes to be dairy free.
- Use 1 ½ ground beef and ½ spicy sausages.

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## MEATLOAF BARBECUE STYLE

Prep Time: 15 mins

Total Time: 1 hr 30 mins

Serves: 4-6

Yield: 1 loaf



## INGREDIENTS

1 1/2 lbs ground beef  
1/2 cup fresh breadcrumb  
1 onion, finely chopped  
1 egg, beaten  
1 1/2 teaspoons salt  
8 ounce tomato sauce  
1/4 teaspoon pepper  
1/2 cup water  
3 tablespoons brown sugar  
2 tablespoons prepared mustard  
2 teaspoons Worcestershire sauce

## DIRECTIONS

1. Incorporate the beef with crumbs, egg, onion, 1/2 can tomato sauce, salt, and pepper in a bowl.
2. Knead mixture into loaf and transfer into loaf pan.
3. Blend the rest of tomato sauce with water, mustard, brown sugar, and Worcestershire sauce.
4. Pour in sauce mixture into the loaf
5. Place in the oven and then bake for 1 hour or until done at 350°F.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (222 g)		Total Fat 27.8g	42%
Servings Per Recipe: 4		Saturated Fat 10.5g	52%
Amount Per Serving	% Daily Value	Cholesterol 162.1mg	54%
Calories 508.5		Sugars 14.8 g	
Calories from Fat 250	49%	Sodium 1518.1mg	63%
		Total Carbohydrate 26.6g	8%
		Dietary Fiber 2.2g	8%
		Sugars 14.8 g	59%
		Protein 36.4g	72%

Variations:

- Add 1 tablespoon of brown sugar into the mixture.
- Add some grated cheese to the top in the last 30 minutes of baking.

## PIZZA MEATLOAF

Prep Time: 12 mins

Total Time: 1 hr 20 mins

Servings: 8



### INGREDIENTS

2 eggs, lightly beaten  
8 ounces pizza sauce, divided  
1 cup cracker crumb  
1/2 cup grated parmesan cheese  
1/2 cup shredded mozzarella cheese, divided  
1/2 cup chopped onion  
1/4 cup chopped green pepper  
1 teaspoon seasoning salt  
1 teaspoon oregano  
1/4 teaspoon pepper  
2 lbs ground beef

### DIRECTIONS

1. Blend the eggs with 3/4 cup pizza sauce, parmesan, crumbs, half the mozzarella, green pepper, onion, salt, oregano, and pepper.
2. Add in beef and incorporate well.

3. Transfer mixture into oiled 8x8 baking dish.
4. Bake for about 50 minutes over 350 degrees.
5. Drain excess fat and then spread rest of pizza sauce over the meatloaf. Put it back in the oven and bake for 10 minutes further.
6. Top with the rest of mozzarella cheese and bake until cooked through.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (196 g)		Total Fat 22.1g	34%
Servings Per Recipe: 8		Saturated Fat 9.2g	46%
Amount Per Serving	% Daily Value	Cholesterol 135.4mg	45%
Calories 385.2		Sugars 1.2 g	
Calories from Fat 199	51%	Sodium 287.3mg	11%
		Total Carbohydrate 15.8g	5%
		Dietary Fiber 1.2g	4%
		Sugars 1.2 g	5%
		Protein 28.7g	57%

#### Variations:

- Use Cajun seasoning for the seasoning salt.
- Use 1 cup quick oats in place of the bread crumbs.

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## VENISON MEATLOAF

Prep Time: 5 mins

Total Time: 1 hr 5 mins

Servings: 4-6



## INGREDIENTS

1 lb ground venison

1/2 lb ground chuck

1 cup evaporated milk

1/2 cup breadcrumbs

1/3 cup ketchup

3 tablespoons Worcestershire sauce

1/2 teaspoon salt

1/4 teaspoon pepper



DIRECTIONS

- 1. Preheat oven to 375 degrees.
- 2. In a large bowl, combine all the ingredients.
- 3. Spray a loaf pan with nonstick cooking spray or oil.
- 4. Shape the meat mixture into the loaf pan.
- 5. Bake for 1 hour.

NUTRITION FACTS

Serving Size: 1 (187 g)  
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 474.9	
Calories from Fat 209	44%

Amount Per Serving	% Daily Value
Total Fat 23.3g	35%
Saturated Fat 10.7g	53%
Cholesterol 148.1mg	49%
Sugars 6.6 g	
Sodium 921.2mg	38%
Total Carbohydrate 23.6g	7%
Dietary Fiber 0.7g	2%
Sugars 6.6 g	26%
Protein 41.0g	82%

Variations:

- Mix ¼ cup tomato sauce, 2 tablespoons brown sugar, 2 tablespoons apple cider vinegar, 2 tablespoons Dijon mustard and spread on top.
- Use BBQ sauce in place of ketchup.

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## COTTAGE CHEESE ROAST (VEGETARIAN MEATLOAF)

Prep Time: 10 mins

Total Time: 1 hr 20 mins

Servings: 8



### INGREDIENTS

16 ounce cottage cheese

4 eggs, beaten  
 1/4 cup vegetable oil  
 1 ounce envelope dry onion soup mix  
 1 cup finely chopped walnuts  
 2 1/2 cups corn flakes  
 1/4 cup chopped onion

## DIRECTIONS

1. Heat up your oven at 375 degrees F. and then lightly butter or oil your loaf pan.
2. Incorporate the vegetable oil, with cheese, soup mix, cereals, walnut, eggs and onion in a large mixing bowl.
3. Place mixture into the greased loaf pan and then press to fit.
4. Bake in the preheated oven for about 70 minutes or until done.
5. Let stand for few minutes before serving.

## NUTRITION FACTS

Serving Size: 1 (121 g)

Servings Per Recipe: 8

Amount Per Serving

% Daily Value

Calories 282.7

Calories from Fat 192

68%

Amount Per Serving

% Daily Value

Total Fat 21.4g

32%

Saturated Fat 3.6g

18%

Cholesterol 103.3mg

34%

Sugars 3.0 g

Sodium 580.6mg

24%

Total Carbohydrate 11.5g

3%

Dietary Fiber 1.4g

5%

Sugars 3.0 g

12%

Protein 12.8g

25%

Variations:

- Use ¼ cup of finely chopped walnuts, 1/3 cup of ground flax seed and finish the cup with wheat bran.
- Add 1/3 cup ketchup, 2 tablespoons Worcestershire sauce, garlic, parsley. Salt and chervil.

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## MILAGRO MEATLOAF

Prep Time: 25 mins

Total Time: 1 hr 35 mins

Yield: 1 9X5 Meat Loaf



## INGREDIENTS

1 tablespoon unsalted butter  
1/2 cup minced onion  
1/2 green bell peppers or 1/2 red bell pepper, finely chopped  
2 garlic cloves, minced  
1 teaspoon fresh ground black pepper  
1 teaspoon cayenne  
1 teaspoon salt  
1/2 teaspoon cumin seed, toasted and ground  
1 1/4 lbs. lean ground beef  
3/4 lb ground pork  
1 1/2 cups dry breadcrumbs  
1/4 cup tomato-based barbecue sauce  
3 tablespoons sour cream  
1 tablespoon Worcestershire sauce  
1 egg  
milk, as needed

## DIRECTIONS

1. Heat a skillet over medium-high heat and then place the butter to melt.
2. Once butter is melted, sauté the onions, garlic and bell pepper until tender.
3. Add in black pepper, cumin, cayenne and then salt. Cook further for additional 3 minutes.
4. Turn off heat and spoon mixture into a medium bowl.
5. Incorporate the rest of ingredients with the sautéed vegetables aside from the milk.
6. Knead well, add in milk and knead again. Transfer mixture into the loaf pan and press to fit in.
7. Bake in the oven for at least 40 minutes over 350 degrees.
8. Increase oven temperature to 400 and then bake further for 30 minutes.
9. Pour in BBQ sauce around the meatloaf during the last 10 minutes of baking.
10. Serve warm and enjoy!

## NUTRITION FACTS

Serving Size: 1 (1406 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 3029.1

Calories from Fat 1457

48%

Amount Per Serving

% Daily Value

Total Fat 161.9g

249%

Saturated Fat 65.1g

325%

Cholesterol 946.4mg

315%

Sugars 19.7 g

Sodium 4909.1mg

204%

Total Carbohydrate 145.5g

48%

Dietary Fiber 11.4g

45%

Sugars 19.7 g

79%

Protein 233.4g

466%

Variations:

- Use turkey in place of beef and pork.
- Use Hickory honey BBQ sauce to top the meat loaf.

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## BOSTON MARKET MEATLOAF

Prep Time: 25 mins

Total Time: 1 hr 25 mins

Serves: 8, Yield: 1 meatloaf



## INGREDIENTS

1 cup tomato sauce  
1 1/2 tablespoons Kraft barbecue sauce  
1 tablespoon sugar  
1 1/2 lbs lean ground sirloin  
6 tablespoons all-purpose flour  
3/4 teaspoon salt  
1/2 teaspoon onion powder  
1/4 teaspoon ground black pepper  
1 dash garlic powder

## DIRECTIONS

1. Heat up your oven at 400°F.
2. Incorporate the tomato sauce with sugar and BBQ sauce in a skillet and heat it up over moderate heat.
3. Cook mixture until bubbly with occasional stirring. Turn off heat once done.
4. Add in the tomato sauce to the meat leaving 2 tbsp. behind in a bowl.
5. Add up sauce mixture with meat mixture and incorporate well using a wooden spoon.
6. Add in the rest of ingredients and then mix again to blend well.
7. Place the meat mixture into the loaf pan and then bake in the oven for at least 30 minutes.

8. Once 30 minutes is done, remove meatloaf from the oven and then slice into 8 pieces.  
Pour in the rest of tomato sauce and then return meatloaf into the oven for further cooking for about 30 minutes more or until done.
9. Let stand for few minutes before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (126 g)		Total Fat 10.9g	16%
Servings Per Recipe: 8		Saturated Fat 4.3g	21%
Amount Per Serving	% Daily Value	Cholesterol 63.7mg	21%
Calories 210.1		Sugars 3.6 g	
Calories from Fat 98	46%	Sodium 446.8mg	18%
		Total Carbohydrate 8.7g	2%
		Dietary Fiber 0.6g	2%
		Sugars 3.6 g	14%
		Protein 18.2g	36%

Variations:

- Use Bull's Eye BBQ sauce for topping.
- Use fiery salsa in place of tomato sauce.



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## BASIC MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 30 mins

Servings: 6



## INGREDIENTS

- 1 1/2 lbs. lean ground beef
- 3 slices bread, crumbled or torn in small pieces
- 1 large egg
- 1 cup milk
- 1/4 cup onion, finely chopped
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
- 1/4 teaspoon sage
- 1/8 teaspoon garlic powder
- 1 tablespoon Worcestershire sauce

## DIRECTIONS

1. Heat up your at 350 degrees F.
2. In large mixing bowl, blend ingredients altogether (aside the toppings) and knead.
3. Pour in and shape the meat blend into the loaf pan.
4. Ladle toppings of your choice into the meatloaf and then bake for at least 1 ¼ hours.
5. Strain excess oil and then let set for at least 10 minutes just before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (225 g)		Total Fat 14.2g	21%
Servings Per Recipe: 6		Saturated Fat 5.9g	29%
Amount Per Serving	% Daily Value	Cholesterol 110.4mg	36%
Calories 315.8		Sugars 10.2 g	
Calories from Fat 128	40%	Sodium 1031.7mg	42%
		Total Carbohydrate 19.6g	6%
		Dietary Fiber 0.6g	2%
		Sugars 10.2 g	41%
		Protein 26.8g	53%

### Variations:

- Used seasoned bread crumbs in place of sliced bread.
- Mix tomato paste and Sloppy Joe Sauce for the sauce topping.

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## BAREFOOT TURKEY MEATLOAF

Prep Time: 25 mins

Total Time: 2 hrs 10 mins

Servings: 8-10



### INGREDIENTS

3 cups chopped yellow onions  
2 tablespoons olive oil  
2 teaspoons kosher salt  
1 teaspoon fresh ground black pepper  
1/2 teaspoon thyme  
1/3 cup Worcestershire sauce  
3/4 cup chicken stock

1 1/2 teaspoons tomato paste  
 5 lbs ground turkey  
 1 1/2 cups plain breadcrumbs  
 3 large eggs, beaten  
 3/4 cup ketchup

## DIRECTIONS

1. Heat up your oven to 325 degrees F.
3. Cook onions in oil for at least 15 minutes or until transparent
4. Add in thyme, pepper, salt, chicken stock, Worcestershire sauce and the tomato paste. Blend well.
5. Turn off the heat and then let cool for few minutes
6. Mix ground turkey with egg, bread crumbs, and onion mix.
7. Blend mixture well and then transfer mixture into the loaf pan.
8. Bake for at least 1 ½ hours or until done.
9. Let set for few minutes before slicing and serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (356 g)		Total Fat 28.3g	43%
Servings Per Recipe: 8		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 266.2mg	88%
Calories 621.0		Sugars 10.6 g	
Calories from Fat 255	41%	Sodium 1180.9mg	49%
		Total Carbohydrate 29.3g	9%
		Dietary Fiber 2.1g	8%
		Sugars 10.6 g	42%
		Protein 62.5g	125%

Variations:

- Add mustard to the ketchup topping.
- Use ground chicken in place of turkey.

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## MEATLOAF DELUXE

Prep Time: 15 mins

Total Time: 1 hr

Servings: 4-6



## INGREDIENTS

2 lbs ground beef  
 1/2 cup onion, chopped  
 2 cups soft breadcrumbs  
 1/4 cup green pepper, minced  
 2 tablespoons bottled horseradish  
 2 teaspoons salt  
 1/4 cup milk  
 1/4 cup catsup  
 1 teaspoon dry mustard  
 2 eggs, beaten  
 1/2 cup catsup

## DIRECTIONS

1. Incorporate beef with onion, pepper, mustard, catsup, bread crumbs, milk, horseradish, and salt in a large bowl. Add in eggs and mix until well blended.
2. Pour in mixture into a loaf pan. And top with the rest of catsup. Evenly spread the catsup around the meatloaf.
3. Bake in the oven for at least 45 minutes at 400°F. Remove from the oven and let set for few minutes before serving.

## NUTRITION FACTS

Serving Size: 1 (249 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
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Calories 652.6

Calories from Fat 342 52%

Amount Per Serving

% Daily Value

Total Fat 38.1g 58%

Saturated Fat 14.6g 73%

Cholesterol 249.3mg 83%

Sugars 13.0 g

Sodium 1996.3mg 83%

Total Carbohydrate 26.8g 8%

Dietary Fiber 1.4g 5%

Sugars 13.0 g 52%

Protein 48.8g 97%

Variations:

- Use red bell pepper in place green bell pepper.
- Use Celery in place of bell pepper.

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## PIZZA MEATLOAF CUPS

Prep Time: 10 mins

Total Time: 30 mins

Servings: 12



## INGREDIENTS

- 1 egg, beaten
- 1/2 cup pizza sauce
- 1/4 cup seasoned bread crumbs
- 1/2 teaspoon italian seasoning
- 1 1/2 lbs ground beef
- 1 1/2 cups shredded part-skim mozzarella cheese

## DIRECTIONS

1. Combine the egg, pizza sauce, bread crumbs and Italian seasoning in a large bowl.
2. Fold the beef into the mixture. Mix well.
3. Divide meat mixture into 12 greased muffin cups.
4. Press mixture into bottom and up the sides.
5. Fill the center with mozzarella cheese.
6. Bake at 375°F for 15 minutes or until meat is no longer pink in color.
7. Serve hot with additional pizza sauce and cheese if desired.



NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (107 g)		Total Fat 13.6g	21%
Servings Per Recipe: 12		Saturated Fat 6.4g	32%
Amount Per Serving	% Daily Value	Cholesterol 72.5mg	24%
Calories 215.2		Sugars 0.6 g	
Calories from Fat 123	57%	Sodium 282.5mg	11%
		Total Carbohydrate 3.4g	1%
		Dietary Fiber 0.3g	1%
		Sugars 0.6 g	2%
		Protein 18.5g	37%

Variations:

- Add chopped pepper and mushrooms for more flavors.
- Use spaghetti sauce in place of pizza sauce.

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## MEXICAN MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 2-4



### INGREDIENTS

1 lb lean ground beef  
1/4 cup instant minced onion or 1 medium onion, diced small  
1 cup Italian seasoned breadcrumbs  
1 egg, beaten  
1/2 teaspoon Italian seasoning  
3 tablespoons ketchup  
1 can or 8 ounce tomato sauce  
1 can or 14 1/2 ounce Ro-Tel tomatoes  
Salt & freshly ground black pepper  
8 ounces Sargento's shredded four-cheese Mexican blend cheese

### DIRECTIONS

1. Combine hamburger with minced onions, Italian seasoning, bread crumbs, and beaten egg in a bowl and knead.
2. Add up the ketchup, 1/2 cup Rotel tomatoes and then 1/2 the can of tomato sauce blend well.
3. Put 1/2 of the meatloaf blend into baking pan, mold into a circle or square according to your desire.

4. Sprinkle top of the meat blend with a vast quantity of cheese.
5. Place remaining meat blends on top of the cheese and press to fit in the pan.
6. Combine the rest of Rotel tomatoes and tomato sauce in a small bowl and then pour around the meatloaf.
7. Bake meatloaf for about 30 minutes at 350 degrees oven.
8. Drain excess fat before placing it back to the oven and bake further for about 30 minutes more or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (388 g)		Total Fat 63.0g	97%
Servings Per Recipe: 2		Saturated Fat 32.6g	163%
Amount Per Serving	% Daily Value	Cholesterol 361.0mg	120%
Calories 1195.5		Sugars 21.4 g	
Calories from Fat 567	47%	Sodium 4208.4mg	175%
		Total Carbohydrate 71.6g	23%
		Dietary Fiber 5.3g	21%
		Sugars 21.4 g	85%
		Protein 85.4g	170%

9. Serve warm. Enjoy!

Variations:

- Use taco seasoning in place of Italian seasoning, and add a cheddar cheese blend.
- Add Mexican chili and cumin.

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## SAGE MEAT LOAF

Prep Time: 10 mins

Total Time: 1 hr 20 mins

Serves: 4-6, Yield: 1.0 meat loaf



## INGREDIENTS

1 egg, beaten

2/3 cup milk

1 tablespoon Worcestershire sauce

1 cup crushed saltine crackers

1/4 cup finely chopped onion

1 teaspoon salt

1/2 teaspoon rubbed sage  
1/4 teaspoon fresh ground pepper  
1 1/2 lbs 93% lean ground beef

### SAUCE TOPPING

1/4 cup ketchup  
3 tablespoons brown sugar, not packed down  
1 teaspoon ground mustard  
1/4 teaspoon ground nutmeg

### DIRECTIONS

1. Heat up your oven to 350°F.
2. Pound saltine crackers in a zip lock bag with mallet or rolling pin until finely crushed.
3. In a large bowl, combine the first 9 ingredients together and mix well using your hands.
4. Shape the meat mixture into a greased 9x5 loaf pan.
5. Bake uncovered for 50 minutes.
6. Combine sauce ingredients and spread over the top of meat loaf.
7. Bake for 20 minutes longer, until thermometer reads 160°F
8. Let it rest for 10 minutes before slicing.

#### Variations:

- Add seasoned salt and garlic powder to the meat mixture.
- Use Italian seasoning in place of sage.

## NUTRITION FACTS

Serving Size: 1 (188 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 415.7

Calories from Fat 117

28%

Amount Per Serving

% Daily Value

Total Fat 13.0g

20%

Saturated Fat 5.5g

27%

Cholesterol 157.6mg

52%

Sugars 14.8 g

Sodium 1138.7mg

47%

Total Carbohydrate 31.0g

10%

Dietary Fiber 0.8g

3%

Sugars 14.8 g

59%

Protein 41.5g

83%

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## CANADIAN FIREFIGHTER'S MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 30 mins

Servings: 8



## INGREDIENTS

2 slices whole wheat bread  
 Warm water  
 2 lbs lean ground beef  
 1 green onion, chopped  
 2 tablespoons onions, chopped  
 1 cup salsa, mild  
 2 tablespoons Dijon mustard  
 1 teaspoon Worcestershire sauce  
 2 tablespoons garlic, minced  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 1 tablespoon barbecue sauce

## DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a 9" loaf pan.
3. In a small bowl, soak bread in warm water.
4. Place beef in large bowl, drain bread and add to the beef.
5. Add up salsa, onions, mustard, garlic, Worcestershire sauce. Season it up with salt and pepper.
6. Knead mixture well to blend
7. Shape the mixture into a loaf and place in prepared loaf pan.
8. Bake 1 hour.
9. Drain the excess oil and pour in the BBQ sauce on top.
10. Place it back in the oven and bake further for 15 minutes more.

## NUTRITION FACTS

Serving Size: 1 (165 g)

Servings Per Recipe: 8

Amount Per Serving

% Daily Value

Calories 236.2

Calories from Fat 106

44%

Amount Per Serving

% Daily Value

Total Fat 11.8g

18%

Saturated Fat 4.6g

23%

Cholesterol 73.7mg

24%

Sugars 2.1 g

Sodium 440.9mg

18%

Total Carbohydrate 7.0g

2%

Dietary Fiber 1.2g

5%

Sugars 2.1 g

8%

Protein 24.4g

48%

11. Remove from heat, then serve hot.

Variations:

- Reduce the salsa to ½ cup.
- Use Hot Taco sauce in place of salsa.

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## MEATLOAF RECIPE 04

Prep Time: 30 mins

Total Time: 1 hr 30 mins

Servings: 6





## INGREDIENTS

3 slices white bread, crusts removed  
1/2 cup milk  
2 tablespoons olive oil  
1 large yellow onion, finely chopped  
1 celery rib, finely chopped  
2 garlic cloves, minced  
2 carrots, peeled and finely grated  
1 lb ground sirloin  
1/2 lb ground pork  
2 large eggs  
1/4 cup roughly chopped fresh parsley  
2 tablespoons Dijon mustard  
1 tablespoon coarse salt, plus more to taste  
1/2 tablespoon fresh ground pepper, plus more to taste  
1/2 lb thinly sliced smoked bacon  
1 lb fingerling potato, scrubbed  
4 leeks, white and light-green parts only, split in half lengthwise and rinsed well  
1/2 cup light-brown sugar, packed  
1 tablespoon Coleman's dry mustard  
1 teaspoon tomato paste

## DIRECTIONS

1. Heat oven to 375 degrees.
2. Cut the bread into 1 inch cubes and place in a small bowl. Pour the milk over the bread, set aside for 5 minutes.
3. Heat the olive oil in large skillet over medium heat. Add onion, celery, and garlic. Cook until soft and translucent, about 5 minutes. Remove from heat. Let cool for 5 minutes.
4. Put the carrots in a large bowl. Add up the milk with bread mixture, ground sirloin, parsley, ground pork, eggs, Dijon mustard, salt, and pepper. Add in onion mixture and incorporate well thru kneading
5. Place mixture in a large ungreased baking dish or roasting pan. Shape into a 5 by 12 inch loaf.
6. Overlap bacon slices across the top, covering the meat. Place potatoes and leeks around the loaf, then season with salt and pepper as needed.
7. In a small bowl, combine the brown sugar, ground mustard, and 2 tablespoons of water. Stir in tomato paste making a glaze. Brush the meat loaf all over with the glaze.
8. Bake, brushing every fifteen minutes with glaze until juices run clear when loaf is pierced with a two-pronged fork and bacon is crisp, 1 and 1/4 hours. Let it stand for 10 minutes before slicing. Serve with potatoes and leeks on the side.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (424 g)		Total Fat 39.5g	60%
Servings Per Recipe: 6		Saturated Fat 13.0g	65%
Amount Per Serving	% Daily Value	Cholesterol 182.8mg	60%
Calories 737.7		Sugars 23.9 g	
Calories from Fat 356	48%	Sodium 2319.7mg	96%
		Total Carbohydrate 52.2g	17%
		Dietary Fiber 4.8g	19%
		Sugars 23.9 g	95%
		Protein 42.6g	85%

Variations:

- Add ½ tablespoon freshly ground pepper to the meat mixture.

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## CHEESE STUFFED MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 4-6



### INGREDIENTS

- 1 1/2 lbs ground beef
- 15 ounces spaghetti sauce, divided
- 2 eggs
- 1 cup breadcrumbs
- 1/4 cup onion, chopped
- 1 1/2 tablespoons dried parsley
- 1 teaspoon salt

1/4 teaspoon pepper

1 1/2 cups mozzarella cheese, shredded

### DIRECTIONS

1. In a large bowl, combine ground beef, one cup spaghetti sauce, eggs, breadcrumbs, onion, parsley, salt and pepper. Mix well using your hands.
2. Divide meat mixture into thirds.
3. Spread 1/3 in the bottom of an ungreased 9x5 inch loaf pan.
4. Cover with half of the Mozzarella cheese.
5. Repeat layers, ending with meat.
6. Bake at 350 degrees Fahrenheit for 30 minutes.
7. Spread meatloaf with reserved sauce.
8. Bake for an additional 30 minutes. Remove from oven, serve hot.

## NUTRITION FACTS

Serving Size: 1 (222 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
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Calories 690.3

Calories from Fat 362	52%
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Amount Per Serving	% Daily Value
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Total Fat 40.3g	62%
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Saturated Fat 17.0g	85%
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Cholesterol 243.0mg	81%
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Sugars 7.7 g	
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Sodium 1429.4mg	59%
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Total Carbohydrate 29.7g	9%
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Dietary Fiber 3.0g	12%
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Sugars 7.7 g	31%
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Protein 48.9g	97%
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### Variations:

- Reduce the ratio of the sauce into ½ cup.
- Use gouda cheese in place of mozzarella and BBQ sauce in place of spaghetti sauce.

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## MINI MEATLOAFS

Prep Time: 15 mins

Total Time: 45 mins

Yield: 18 muffins



## INGREDIENTS

1 cup ketchup  
3 tablespoons brown sugar  
1 teaspoon ground mustard  
2 eggs, beaten  
4 teaspoons Worcestershire sauce  
3 cups Crispix cereal, crushed  
3 teaspoons onion powder  
1 teaspoon salt  
1/2 teaspoon garlic powder  
1/2 teaspoon pepper  
3 lbs ground beef

## DIRECTIONS

1. In a large bowl, combine ketchup, sugar and mustard. Set aside 1/2 cup of the mixture for topping.
2. To the rest of the mixture, add eggs, Worcestershire sauce, cereal and seasonings, mix well. Let stand for 5 min.
3. Crumble beef over mixture and mix well.
4. Press meat mixture into 18 muffin cups (about 1/3 c. each).
5. Bake at 375 degrees for 18-20 min.
6. Drizzle with reserved ketchup mixture; bake 10 minutes longer or until meat is no longer pink in color and meat thermometer reads 160 degrees.
7. Serve desired number of meat loaves.
8. Cool remaining loaves, freeze on lightly greased cookie sheets.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1873 g)		Total Fat 12.0g	18%
Servings Per Recipe: 1		Saturated Fat 4.6g	23%
Amount Per Serving	% Daily Value	Cholesterol 72.0mg	24%
Calories 214.3		Sugars 6.0 g	
Calories from Fat 108	50%	Sodium 386.4mg	16%
		Total Carbohydrate 10.6g	3%
		Dietary Fiber 0.1g	0%
		Sugars 6.0 g	24%
		Protein 15.4g	30%

Variations:

- Use seasoning salt in place of regular salt.
- Use corn chex in place of crispix.

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## UNBELIEVABLE CHICKEN MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 40 mins

Servings: 8



## INGREDIENTS



1 lb ground chicken  
1/2 cup fine breadcrumbs  
1 large egg white  
1 medium carrot  
1 small onion  
1/4 cup ketchup  
1/2 teaspoon minced garlic  
1 teaspoon Worcestershire sauce  
1/4 teaspoon celery seed  
1 teaspoon salt  
1/8 teaspoon pepper

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, combine chicken and bread crumbs. Set aside.
3. Cut the carrot and onion into chunks and add to blender.
4. Add the remaining 7 ingredients to the blender.
5. Process in blender until carrot is very fine.
6. Pour blender mixture over meat mixture.
7. Mix very well using your hands.
8. Form mixture into a loaf and place in lightly greased 9" X 13" pan.
9. Cover with foil and bake for 1 hour.
10. Remove foil and continue baking for 30 minutes, or until done. Remove from oven.  
Serve hot.

## NUTRITION FACTS

Serving Size: 1 (93 g)

Servings Per Recipe: 8

Amount Per Serving	% Daily Value
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Calories 124.9

Calories from Fat 45	36%
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Amount Per Serving	% Daily Value
Total Fat 5.0g	7%
Saturated Fat 1.4g	6%
Cholesterol 48.7mg	16%
Sugars 2.9 g	
Sodium 477.2mg	19%
Total Carbohydrate 8.5g	2%
Dietary Fiber 0.7g	2%
Sugars 2.9 g	11%
Protein 11.5g	23%

Variations:

- Use salsa in place of ketchup.
- Add 1 teaspoon of Siracca chili garlic sauce to the mixture.

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## MEATLOAF "MUFFINS"

Prep Time: 5 mins

Total Time: 25 mins

Servings: 4



### INGREDIENTS

1 lb ground beef

1 egg

1/2 cup breadcrumbs

1/2 packet onion soup mix

Barbecue sauce

### DIRECTIONS

1. In a large bowl, mix the first 4 ingredients with your hands.
2. Evenly distribute the meat mixture into cups of a muffin tin.
3. Pour the barbeque sauce on top of each.
4. Bake at 350F for 20 minutes.
5. Serve hot with mashed potatoes or mac and cheese.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (144 g)		Total Fat 18.9g	29%
Servings Per Recipe: 4		Saturated Fat 7.2g	36%
Amount Per Serving	% Daily Value	Cholesterol 123.6mg	41%
Calories 329.2		Sugars 1.1 g	
Calories from Fat 170	51%	Sodium 582.9mg	24%
		Total Carbohydrate 12.9g	4%
		Dietary Fiber 0.9g	3%
		Sugars 1.1 g	4%
		Protein 24.8g	49%

Variations:

- Use Heinz 57 for flavoring in place of onion mix.
- Add some chorizo to the ground beef for spicy flavor.

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## MEATLOAF WITH PINEAPPLE TOPPING

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 6



### INGREDIENTS

1 1/2 lbs ground beef  
 1 cup crushed Ritz cracker  
 1/3 cup milk  
 1/4 cup chopped onion  
 1/4 cup ketchup  
 1 tablespoon Worcestershire sauce  
 1 egg  
 1/2 teaspoon salt  
 1/8 teaspoon pepper

## SAUCE

1 (8 1/4 ounce) cans crushed pineapple, undrained  
 1/2 cup ketchup  
 2 tablespoons brown sugar  
 2 teaspoons cornstarch

## DIRECTIONS

1. In a large bowl, combine all meatloaf ingredients.
2. In an ungreased 13x9 pan, shape mixture into 9x4 loaves.
3. Bake at 350° for 45 minutes.
4. In a saucepan, combine all sauce ingredients.
5. Cook over medium heat until boils and thickens, stirring frequently.
6. Spread the sauce on top of the loaf. Bake for 20 minutes more.
7. Let it stand for 5 minutes before slicing. Serve hot.

## NUTRITION FACTS

Serving Size: 1 (229 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 391.2

Calories from Fat 186

47%

Amount Per Serving

% Daily Value

Total Fat 20.7g

31%

Saturated Fat 7.7g

38%

Cholesterol 110.0mg

36%

Sugars 18.3 g

Sodium 738.0mg

30%

Total Carbohydrate 27.1g

9%

Dietary Fiber 0.7g

3%

Sugars 18.3 g

73%

Protein 24.0g

48%

Variations:

- Cook the onions first before adding them to the mix.
- Add 1 tablespoon of brown sugar to the sauce.

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## MOMMY'S ITALIAN MEATLOAF

Prep Time: 30 mins

Total Time: 1 hr 45 mins

Servings: 8



## INGREDIENTS

3 cups soft breadcrumbs  
3/4 cup milk  
2 teaspoons salt  
1/4 teaspoon pepper  
1/2 teaspoon thyme  
3/4 teaspoon basil  
1 (8 ounce) cans tomato sauce  
1/2 cup onion, chopped  
2 tablespoons butter  
2 lbs lean ground beef  
1 cup mozzarella cheese, shredded

## DIRECTIONS

1. Soak bread in milk.
2. Add salt pepper, thyme, 1/2 teaspoon basil, 1/4 cup tomato sauce and stir with fork to break up the bread cubes.
3. Cook onions in butter for 5 minutes and add to the bread mixture. Mix lightly with fork.
4. Add in ground beef and mix using your hands.
5. Pour into loaf pan.
6. Bake at 350°F for 1 hour; then drain fat.
7. Transfer into shallow baking dish.
8. Combine remaining tomato sauce and basil, spoon it over the loaf.



9. Sprinkle with cheese.
10. Bake for 15 minutes more.
11. Remove from heat. Serve hot.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (211 g)		Total Fat 18.8g	28%
Servings Per Recipe: 8		Saturated Fat 8.9g	44%
Amount Per Serving	% Daily Value	Cholesterol 95.6mg	31%
Calories 337.6		Sugars 2.5 g	
Calories from Fat 169	50%	Sodium 1016.9mg	42%
		Total Carbohydrate 12.4g	4%
		Dietary Fiber 1.0g	4%
		Sugars 2.5 g	10%
		Protein 28.3g	56%

Variations:

- Use ½ ground beef in place of the chicken and turkey combination.
- Use vegetable stock in soaking the bread in place of dairy milk.

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## MEATLOAF PIE

Prep Time: 15 mins

Total Time: 55 mins

Servings: 5-6



## INGREDIENTS

1 lb lean ground beef  
1/2 cup fresh breadcrumb  
1/2 cup tomato sauce  
1/4 cup chopped onion  
1/4 cup chopped green pepper  
1/4 teaspoon oregano

1 1/2 teaspoons salt  
Fresh ground black pepper  
1 1/3 cups instant rice  
1 cup water  
1 1/2 cups tomato sauce  
1/2 teaspoon salt  
1 cup grated sharp cheddar cheese

### DIRECTIONS

1. In a large bowl, combine the ground beef, bread crumbs, 1/2 cup tomato sauce, onions, green pepper, oregano, salt and pepper. Mix gently but well.
2. Pour into a 9 inch pie plate to form a shell with 1-inch fluting around the edge.
3. In another bowl, combine rice, water, tomato sauce, salt and 1/4 cup of the cheese. Fill the meat shell with the mixture. Cover with foil and bake at 350°F for 25 minutes.
4. Uncover and sprinkle with the remaining cheese. Continue to bake for another 15 minutes, uncovered.
5. Remove from heat, serve hot.

## NUTRITION FACTS

Serving Size: 1 (260 g)

Servings Per Recipe: 5

Amount Per Serving	% Daily Value
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Calories 417.9

Calories from Fat 158	37%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 17.5g	27%
-----------------	-----

Saturated Fat 8.6g	43%
--------------------	-----

Cholesterol 82.7mg	27%
--------------------	-----

Sugars 5.4 g	
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Sodium 1727.4mg	71%
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Total Carbohydrate 35.2g	11%
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Dietary Fiber 2.7g	10%
--------------------	-----

Sugars 5.4 g	21%
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Protein 28.6g	57%
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### Variations:

- Use spaghetti sauce in place of tomato sauce.
- Use brown rice in place of instant rice.

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## CRACKER BARREL MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 5 mins

Serves: 9, Yield: 9 pieces



### INGREDIENTS

2 eggs  
2/3 cup milk  
32 Ritz crackers, crushed  
1/2 cup chopped onion  
4 ounces shredded sharp cheddar cheese  
1 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 lbs ground beef  
1/2 cup ketchup  
1/2 cup brown sugar  
1 teaspoon mustard

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a mixing bowl, beat eggs, add milk and crackers. Stir in onion and cheese. Add ground beef. Mix well.

3. Shape into a bread pan.
4. Bake at 350 degrees for 45 minutes.
5. In another bowl, combine ketchup, brown sugar and mustard to make topping. Spoon half of the topping over the meatloaf after 30 minutes of baking. Return loaf to oven for 10 minutes more. Spoon the rest of the topping over the loaf then return to the oven and bake for another 10 more minutes.
6. Remove from oven, let it sit for 10 minutes then serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (165 g)		Total Fat 20.0g	30%
Servings Per Recipe: 9		Saturated Fat 8.5g	42%
Amount Per Serving	% Daily Value	Cholesterol 108.5mg	36%
Calories 362.0		Sugars 16.3 g	
Calories from Fat 180	49%	Sodium 673.4mg	28%
		Total Carbohydrate 24.7g	8%
		Dietary Fiber 0.5g	2%
		Sugars 16.3 g	65%
		Protein 20.4g	40%

#### Variations:

- Reduce the ratio of the milk to ¼ cup.
- Bake it a little bit longer.

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## SOUPERIOR MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings: 8



## INGREDIENTS

1 ounce envelope Lipton Onion Soup Mix

2 lbs ground beef

3/4 cup dry breadcrumbs or 1 1/2 cups fresh breadcrumbs or 5 slices bread, crumbled, i  
usually use oatmeal

2 eggs

3/4 cup water

1/3 ketchup

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, combine all ingredients together. Mix well.
3. Shape meat mixture into a loaf on a cookie sheet or 13 x 9 pan.
4. Bake uncovered for 1 hour.
5. Remove from the oven. Let it stand for 10 minutes before slicing and serving.



## NUTRITION FACTS

Serving Size: 1 (161 g)

Servings Per Recipe: 8

Amount Per Serving	% Daily Value
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Calories 312.0

Calories from Fat 168	54%
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Amount Per Serving	% Daily Value
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Total Fat 18.7g	28%
-----------------	-----

Saturated Fat 7.1g	35%
--------------------	-----

Cholesterol 123.6mg	41%
---------------------	-----

Sugars 0.8 g	
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Sodium 451.9mg	18%
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Total Carbohydrate 9.6g	3%
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Dietary Fiber 0.6g	2%
--------------------	----

Sugars 0.8 g	3%
--------------	----

Protein 24.2g	48%
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### Variations:

- Add some garlic and Italian seasoning to the mixture.
- Use Italian style bread crumbs in place of oats.

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## BUNKHOUSE MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 5 mins

Servings: 4-6



### INGREDIENTS

- 1 lb lean ground beef
- 1/4 lb pork sausage
- 1 egg, beaten
- 3 slices whole wheat bread, crumbled
- 1/2 onion, finely chopped
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon ground sage
- 1 beef bouillon cube
- 1/4 cup boiling water
- 4 slices raw bacon
- 3 -4 tablespoons chili sauce

DIRECTIONS

- 1. In a large bowl, combine all the first 8 ingredients.
- 2. Dissolve bouillon in the boiling water and add mixture.
- 3. Shape into a loaf and place in greased meatloaf baking pan.
- 4. Top with the chili sauce and bacon strips.
- 5. After meat has baked approximately 25 minutes drain some of the grease off and return to oven for remaining time.
- 6. Bake in 350 degrees for 1 hour.
- 7. Remove from oven. Serve hot.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (151 g)		Total Fat 24.5g	37%
Servings Per Recipe: 4		Saturated Fat 8.9g	44%
Amount Per Serving	% Daily Value	Cholesterol 146.2mg	48%
Calories 414.9		Sugars 3.4 g	
Calories from Fat 221	53%	Sodium 1447.1mg	60%
		Total Carbohydrate 13.0g	4%
		Dietary Fiber 2.4g	9%
		Sugars 3.4 g	13%
		Protein 32.9g	65%

Variations:

- Spread the chili sauce over the top with bacon.
- Mix 1 tablespoon of chili with 3 tablespoons of ketchup.

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## AWESOME AND SIMPLE ITALIAN GARLICKY MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 20 mins

Serves: 6 Yield: 1 loaf



## INGREDIENTS

1/2-1 cup seasoned bread crumbs  
5 tablespoons grated dry parmesan cheese  
5 tablespoons minced parsley  
2 tablespoons finely minced garlic  
1/2 teaspoon salt  
1/2 teaspoon fresh ground pepper  
2 lbs ground beef  
2 eggs  
Ketchup, to taste

## DIRECTIONS

1. Preheat oven to 350°F and grease a large loaf pan.
2. In a large bowl, mix 1/2 cup bread crumbs, parsley, cheese, and garlic. Season it up with salt and pepper.
3. Add the meat and use a fork to mix the ingredients uniformly.
4. Add the eggs and knead it using your hands until a "dough" ball forms, it should hold its shape and not be too dry and crumbly or too sticky sloppy.
5. Mold the meat mixture into the loaf pan and top with a layer of ketchup as desired.
6. Bake for 70 minutes. Let it stand for 10 minutes before slicing.

## NUTRITION FACTS

Serving Size: 1 (189 g)

Servings Per Recipe: 6

Amount Per Serving

Calories 414.9

Calories from Fat 236

% Daily Value

57%

Amount Per Serving

Total Fat 26.3g

Saturated Fat 10.4g

Cholesterol 169.4mg

Sugars 0.7 g

Sodium 573.5mg

Total Carbohydrate 8.4g

Dietary Fiber 0.7g

Sugars 0.7 g

Protein 33.8g

% Daily Value

40%

52%

56%

23%

2%

2%

2%

67%

Variations:

- Use ground turkey in place of beef.
- Add some onions and ketchup to the meat mixture before baking.

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## CHILI MEATLOAF

Prep Time: 30 mins

Total Time: 1 hr 40 mins

Servings: 6



## INGREDIENTS

1 1/2 lbs lean ground beef  
1 egg  
1/2 cup breadcrumbs  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 teaspoons canola oil  
1 large onion, chopped  
1 sweet red peppers or 1 green pepper, chopped  
1 tablespoon chili powder  
1 cup drained red kidney beans  
1/2 cup salsa  
1/2 cup shredded cheddar cheese

## DIRECTIONS

1. In a large bowl, beat egg with a fork.
2. Add bread crumbs, pepper and salt.
3. Gently mix in ground beef. Set aside.
4. In a large frying pan, heat oil on medium-high heat.
5. Add onion and cook for 5 minutes or until softened.
6. Add sweet pepper and chili powder.
7. Cook for another 4 minutes.
8. Let cool slightly and then add to beef mixture.
9. Add kidney beans and salsa.

10. Shape into an 8 by 4 inch loaf pan.
11. Bake in preheated 350F (180C) degree oven for 75 minutes. Drain off fat.
12. Sprinkle cheddar cheese on top of meatloaf and return to oven for 10 minutes, until cheese is bubbly.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (239 g)		Total Fat 17.7g	27%
Servings Per Recipe: 6		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 118.8mg	39%
Calories 361.6		Sugars 3.4 g	
Calories from Fat 159	44%	Sodium 548.5mg	22%
		Total Carbohydrate 19.2g	6%
		Dietary Fiber 4.1g	16%
		Sugars 3.4 g	13%
		Protein 30.7g	61%

#### Variations:

- Add 2 smashed cloves of garlic. Add some salsa on the top before adding the cheese.
- Process the kidney beans before adding it to the mixture.



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## MAPLE SAGE MEATLOAF

---

Prep Time: 15 mins

Total Time: 1 hr 30 mins

Servings: 6



### INGREDIENTS

1 1/2 lbs ground chuck  
3/4 cup sour cream  
1 large egg  
1/2 cup chopped onion  
2 tablespoons dried parsley  
1 teaspoon salt

1/2 teaspoon ground sage  
1/4 cup ketchup  
2 tablespoons maple syrup  
1 teaspoon prepared mustard  
1 tablespoon barbecue sauce

## DIRECTIONS

1. In a bowl, combine the first seven ingredients together using your hands until well mixed.
2. Pour the mixture into a freeform loaf-shape in a casserole dish.
3. In another bowl, mix together the last 4 ingredients and spread over the top of the loaf, dripping a little down the sides.
4. Bake at 350°F for 1 hour and 15 minutes. Drain off the fat after 45 minutes of baking then return to the oven.
5. Remove from oven, let it rest for 10 minutes then serve.

## NUTRITION FACTS

Serving Size: 1 (185 g)  
Servings Per Recipe: 6

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 363.3	
Calories from Fat 233	64%

Amount Per Serving	% Daily Value
Total Fat 25.9g	39%
Saturated Fat 11.3g	56%
Cholesterol 124.1mg	41%
Sugars 8.5 g	
Sodium 631.1mg	26%
Total Carbohydrate 10.1g	3%
Dietary Fiber 0.3g	1%
Sugars 8.5 g	34%
Protein 21.7g	43%

Variations:

- Use ½ ketchup, ½ chili sauce, and pure maple syrup for the sauce.
- Add some oatmeal or breadcrumbs to the mixture.

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## MEATLOAF

Prep Time: 10 mins

Total Time: 1 hr 35 mins

Servings: 4-6



## INGREDIENTS

1 1/2 tablespoons brown sugar, packed  
1/2 Can cranberry sauce  
2 eggs  
3 tablespoons finely chopped onions  
1/2 cup milk  
1/4 teaspoon ground thyme  
1/8 teaspoon sage  
1 dash nutmeg  
1 teaspoon salt  
1/4 teaspoon pepper  
2/3 cup plain breadcrumbs  
1 1/2 lbs extra lean ground beef

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Stir brown sugar and cranberry sauce together until smooth.
3. Pour in bottom of a 9" x 5" loaf pan.
4. In a large bowl, combine eggs, milk, onion, thyme, nutmeg, sage, pepper and salt.

5. Stir in bread crumbs.
6. Add ground beef and mix well.
7. Shape into a loaf and place on top of the cranberry mixture.
8. Flatten top so loaf will sit level when inverted.
9. Bake for 1 hour and 15 minutes.
10. Let it sit 10 minutes and invert on plate to serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (172 g)		Total Fat 12.9g	19%
Servings Per Recipe: 4		Saturated Fat 5.5g	27%
Amount Per Serving	% Daily Value	Cholesterol 202.6mg	67%
Calories 383.1		Sugars 6.5 g	
Calories from Fat 116	30%	Sodium 878.2mg	36%
		Total Carbohydrate 20.5g	6%
		Dietary Fiber 1.0g	4%
		Sugars 6.5 g	26%
		Protein 43.0g	86%

Variations:

- Serve with asparagus and a green bean/carrot casserole.
- Use Italian-seasoned bread crumbs and add a little dry mustard.

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## BACON CHEESEBURGER MEAT LOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Yield: 1 meatloaf



### INGREDIENTS

4 slices bacon

1 1/2 lbs lean ground chuck or 1 1/2 lbs ground round

1 cup firm fresh white breadcrumbs

1 cup coarsely shredded sharp cheddar cheese  
 1 large sweet onion, chopped ( vidalia)  
 2 tablespoons mayonnaise  
 2 tablespoons sweet pickle relish  
 2 teaspoons dry mustard  
 3/4 teaspoon salt  
 1/2 teaspoon ground pepper  
 1 egg  
 1/4 cup ketchup

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In medium skillet, cook bacon over medium heat until it is limp and some fat is rendered, for 4 minutes.
3. Remove bacon from the skillet and set aside.
4. In large mixing bowl, mix meat with bread crumbs, onion, 1/2 cup cheese, mayo, mustard, relish, pepper and egg. Knead well.
5. Pour mixture into a shallow 2-quart baking pan.
6. Spread top of the loaf with the ketchup then put the bacon strips over the ketchup.
7. Bake until loaf is firm and the bacon is crisp for 50 minutes.
8. Sprinkle the top with the remaining 1/2 cup cheese to melt during the last 10 minutes of baking (Internal temperature should be 155).

## NUTRITION FACTS

Serving Size: 1 (489 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 973.5

Calories from Fat 540

55%

Amount Per Serving

% Daily Value

Total Fat 60.0g

92%

Saturated Fat 30.7g

153%

Cholesterol 326.4mg

108%

Sugars 31.7 g

Sodium 3931.8mg

163%

Total Carbohydrate 66.2g

22%

Dietary Fiber 4.9g

19%

Sugars 31.7 g

127%

Protein 45.5g

91%

9. Let meatloaf stand in the baking dish for 10 minutes, then cut into squares to serve.

Variations:

- Add dry onion soup mix for more flavor.
- Add garlic to the mixture.

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## GREEN OLIVE MEATLOAF

Prep Time: 20 mins

Total Time: 1 hr 5 mins

Servings: 5





## INGREDIENTS

1 lb ground turkey  
1/2 cup breadcrumbs  
1 egg, beaten  
1 package onion soup mix  
20 green olives, cut in half  
1/2 cup ketchup

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl mix the first 5 ingredients using your hand.
3. Spray a loaf pan with cooking oil.
4. Put mixture into pan and shape into a loaf.
5. Put the ketchup on and smooth so whole loaf is covered on top.
6. Put pan on middle the rack of the oven.
7. Bake for 45 minutes.
8. Remove from heat then let it stand for 10 minutes before serving.

## NUTRITION FACTS

Serving Size: 1 (154 g)

Servings Per Recipe: 5

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 253.1

Calories from Fat 92	36%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 10.2g	15%
-----------------	-----

Saturated Fat 2.5g	12%
--------------------	-----

Cholesterol 99.8mg	33%
--------------------	-----

Sugars 6.5 g	
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Sodium 1207.7mg	50%
-----------------	-----

Total Carbohydrate 19.3g	6%
--------------------------	----

Dietary Fiber 1.4g	5%
--------------------	----

Sugars 6.5 g	26%
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Protein 21.6g	43%
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### Variations:

- Use 1/3 cup of fresh onions, diced very fine, and ½ cup of sliced salad olives.
- Use ground turkey in place of beef.

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## CORNBREAD MEATLOAF

Prep Time: 5 mins

Total Time: 1 hr 5 mins

Servings: 6



### INGREDIENTS

1 lb ground beef

1/2 lb sausage

1 egg

1 cup cornbread, crumbs

1 onion, diced

1/2 teaspoon salt  
1/4 teaspoon pepper  
1 (8 ounce) can tomato sauce  
2 tablespoons mustard  
2 tablespoons vinegar  
2 tablespoons brown sugar

### DIRECTIONS

1. Combine the ground beef with pepper, sausage, cornbread, egg, onions, salt, pepper and 1/2 cup of the tomato sauce in a mixing bowl and knead with your hands. Place mixture into the loaf pan and press to fit in.
2. Incorporate remaining tomato sauce with the mustard,  $\frac{3}{4}$  cup water and brown sugar and then pour it around the meatloaf in the pan.
3. Bake in the oven for about 1 hour at 325F, brushing with the rest of sauce about 3 or 4 times while cooking.
4. Take it out from the oven and serve instantly while hot.

## NUTRITION FACTS

Serving Size: 1 (193 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 333.9

Calories from Fat 209

62%

Amount Per Serving

% Daily Value

Total Fat 23.2g

35%

Saturated Fat 8.4g

42%

Cholesterol 104.3mg

34%

Sugars 6.9 g

Sodium 858.6mg

35%

Total Carbohydrate 9.5g

3%

Dietary Fiber 1.0g

4%

Sugars 6.9 g

27%

Protein 20.5g

41%

Variations:

- Use ground chicken in place of beef.
- Add some lentils to the mixture.

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## REDNECK MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 8



### INGREDIENTS

1 (8 ounce) cans tomato sauce  
2 lbs ground beef  
1/2-3/4 cup onion  
1/4-1/2 cup green pepper, chopped very fine  
1 cup saltine crumbs  
1/3 cup A.1. Original Sauce  
3 tablespoons A.1. Original  
2 eggs, beaten  
1/2 teaspoon ground black peppercorns  
1 dash of salt to taste

### DIRECTIONS

1. Incorporate the meat with the chopped onion, saltine crumbs, eggs, half the can of tomato sauce green pepper, 1/3 cup steak sauce in a bowl and then season with pepper and salt. Blend well.
2. Transfer mixture into a foil lined loaf pan.
3. Combine the rest of ingredients to make the sauce mixture. Set aside.
4. Bake in the oven for at least 50 minutes at 350 degrees
5. Cover the top with sauce. Place it back in the oven, bake further for about 10 minutes.
6. Let rest for 10 minutes before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (171 g)		Total Fat 18.4g	28%
Servings Per Recipe: 8		Saturated Fat 7.0g	35%
Amount Per Serving	% Daily Value	Cholesterol 123.6mg	41%
Calories 281.4		Sugars 1.8 g	
Calories from Fat 165	58%	Sodium 282.0mg	11%
		Total Carbohydrate 4.2g	1%
		Dietary Fiber 0.7g	3%
		Sugars 1.8 g	7%
		Protein 23.3g	46%

Variations:

- Use 1.5 cup of dried bread crumbs for the crackers.
- Use garlic A-1 Sauce.

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## EASY 1LB MEATLOAF

Prep Time: 10 mins

Total Time: 50 mins

Serves: 4, Yield: 1 pan



## INGREDIENTS



1 lb ground beef, thawed  
 1 egg  
 1/3 cup oatmeal  
 1 cup chopped onion  
 1/2 teaspoon garlic powder  
 1/2 teaspoon chili powder  
 1/4 teaspoon lemon pepper  
 1/4 teaspoon kosher salt  
 1/4 cup ketchup

## DIRECTIONS

1. Heat up your oven at 350 degrees.
2. Crack the beef into tiny chunks in a medium bowl.
3. Add in egg, onion, ketchup, oatmeal and spices.
4. Blend until well mixed through kneading
5. Pour in mixture gently into a usual sized loaf pan.
6. Bake in the oven for about 40 minutes, or cooked through
7. Take meatloaf out from the oven and then let stand for about 10 minutes before slicing.

## NUTRITION FACTS

Serving Size: 1 (189 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 320.0

Calories from Fat 169

52%

Amount Per Serving

% Daily Value

Total Fat 18.7g

28%

Saturated Fat 7.1g

35%

Cholesterol 123.6mg

41%

Sugars 5.2 g

Sodium 376.4mg

15%

Total Carbohydrate 12.6g

4%

Dietary Fiber 1.5g

6%

Sugars 5.2 g

21%

Protein 24.3g

48%

Variations:

- Add 2 tablespoons brown sugar, 2 tablespoon lemon juice, and ½ teaspoon mustard powder to the ¼ cup ketchup.
- Use Honey BBQ sauce for topping.

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## YOSHIDA MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 6-8



## INGREDIENTS

2 lbs lean ground beef  
1 cup dry breadcrumbs  
1/4 cup onion, finely chopped  
2 eggs, beaten  
1 cup Yoshida gourmet sauce

## DIRECTIONS

1. Heat up oven at 375°F.
2. Blend the ground beef with bread crumbs, beaten eggs, onions, and 1/2 cup Gourmet Sauce in a large mixing bowl. Blend well
3. Using a 13" X 9" baking pan, firmly mold the meatloaf
4. Bake in the preheated oven for about 45 minutes.
5. Pour in 1/2 cup sauce around the meatloaf and then proceed baking for about 15 minutes more.
6. Allow the meatloaf to set for 10 minutes before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (144 g)		Total Fat 17.7g	27%
Servings Per Recipe: 6		Saturated Fat 6.8g	34%
Amount Per Serving	% Daily Value	Cholesterol 168.7mg	56%
Calories 364.5		Sugars 1.5 g	
Calories from Fat 159	43%	Sodium 255.0mg	10%
		Total Carbohydrate 13.7g	4%
		Dietary Fiber 0.9g	3%
		Sugars 1.5 g	6%
		Protein 34.8g	69%

Variations:

- Sauté the onion first before adding it to the mixture.

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## TEX MEX MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings: 6



## INGREDIENTS

2 lbs ground beef

4 eggs

1 tablespoon salt

3/4 cup quick oats

1 cup chunky salsa  
3/4 cup ketchup  
1/4 teaspoon cumin  
1/4 teaspoon chili powder  
1 bell pepper, sliced into rings

## DIRECTIONS

1. Heat up oven to 375 degrees.
2. Incorporate the cumin with ketchup and chili powder in a small bowl and set aside.
3. Using a separate bowl, mix in beef with salt, salsa, oats, and eggs.
4. Place mixture in a large glass baking dish and then mold into a loaf.
5. Pour in ketchup mixture on top of the meatloaf and spread
6. Place in the central rack for at least 45 minutes.
7. Take it out form the oven and then arrange pepper slices on top of the meatloaf
8. Place it back in the oven and bake further for 15 minutes more.
9. Let it set for 5 minutes before slicing and serving

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (291 g)		Total Fat 26.8g	41%
Servings Per Recipe: 6		Saturated Fat 10.0g	50%
Amount Per Serving	% Daily Value	Cholesterol 243.8mg	81%
Calories 458.3		Sugars 9.0 g	
Calories from Fat 242	52%	Sodium 1904.6mg	79%
		Total Carbohydrate 18.2g	6%
		Dietary Fiber 2.1g	8%
		Sugars 9.0 g	36%
		Protein 35.3g	70%

Variations:

- Use red bell pepper and broil it for 5 minutes for the topping.
- Use taco seasoning in place of salt, cumin, and pepper.

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## MEATLOAF

Prep Time: 15 mins

Total Time: 1 hr 15 mins

Serves: 6-8, Yield: 1.0 meatloaf



## INGREDIENTS

2 lbs ground beef

1 ounce onion soup mix

1 cup quick oats

1/4 cup parmesan cheese

1 egg

1/4 cup milk

1/2 tablespoon dried parsley

1/2 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon garlic salt

1 cup shredded carrot



## DIRECTIONS

1. Mix all the ingredients well in a large bowl.
2. Pour the mixture in a greased loaf pan.
3. Bake at 325 degrees for 2 hours or until the center is not pink colored.
4. Remove from oven; let it rest for 10 minutes then serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (158 g)		Total Fat 3.2g	5%
Servings Per Recipe: 6		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 36.0mg	12%
Calories 96.5		Sugars 1.1 g	
Calories from Fat 29	30%	Sodium 324.7mg	13%
		Total Carbohydrate 11.9g	3%
		Dietary Fiber 1.9g	7%
		Sugars 1.1 g	4%
		Protein 4.9g	9%

### Variations:

- Use ground venison in place of ground beef, 2 eggs, 1 tablespoon dried parsley, 1 teaspoon dried winter savory, and  $\frac{3}{4}$  teaspoon garlic salt.
- Use  $\frac{1}{2}$  cup ketchup,  $\frac{1}{3}$  cup maple syrup, and 1 tablespoon of grainy mustard mixed together for the sauce.

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