

Low Carb Meatloaf

the-lowcarb-diet.com

Servings: Serves: 4

Ingredients

- 1½ lbs ground beef
- ⅓ cup red onions, chopped
- ½ cup pork rinds, crushed
- ⅓ teaspoon ground pepper
- 2 teaspoons minced garlic
- 1 tablespoon Worcestershire sauce
- 1½ teaspoons ground mustard
- 1½ teaspoons chili powder
- 4 oz tomato sauce
- 2 eggs
- ⅓ cup ketchup

Steps

1. Preheat oven to 375.
2. In a large bowl, combine all ingredients but ketchup.
3. Place mixture in a 5x9 inch loaf pan. Press and shape into a loaf shape.
4. Bake for 45-50 minutes or until reaching desired texture. Let cool for 2-5 minutes.
5. Spread ketchup on loaf. Cut and serve or remove from loaf pan and then cut and serve.

Notes

- Serving size: 1 serving (Total recipe makes about 4 servings)

