

 Prep: 20 minutes

 Cook: 1 hour

 12 servings

 Dinner Healthy Meat & Poultry

Meatloaf (keto style)

Ingredients

for 12 servings

- 2 Lbs** ground chuck (80/20)
- 1 Lb** ground pork
- 1 Tablespoon** minced garlic
- ½ Medium** onion minced
- ½ cup** almond flour
- 2 Tablespoons** coconut flour
- 3 Tablespoons** sugar-free ketchup
- 2 large** eggs
- 2 tablespoons** dried parsley
- 1 cup** sugar-free ketchup
- ½ tsp** kosher or pink Himalayan salt

Conversion: *Ingredients in US units.*

Steps

- 1.** Preheat oven to 350° F
- 2.** In large bowl, combine all ingredients EXCEPT the 1 cup of ketchup.
- 3.** Gently mix by hand (use gloves if desired) until all combined. Do NOT overmix or meatloaf will be tough.
- 4.** Place meat mixture in a 9x5" or 8 1/2 x 4 1/2" loaf pan (only to form the loaf)
- 5.** Line a baking sheet with aluminum foil (for easy cleanup). Invert loaf pan onto foil. Make sure loaf is evenly formed to cook through.
- 6.** Bake uncovered for 45-50 minutes. For the last 10 minutes, add 1 cup ketchup on top with a spoon to evenly coat. Internal temperature should be 155°F.
- 7.** Remove from oven and allow to rest for 10-15 minutes. Slicing too early will risk slices breaking. Leftovers can be stored in refrigerator (covered) for up to 1 week.