

Recipe Name **Moist Meatloaf Every Time – 2 loaves**

Ingredients:

- 3 lb. organic ground beef
- 1 lb. organic ground lamb
- 1 large onion
- 6 cloves garlic
- 1 carrot
- 4 oz. mushrooms
- 3 eggs
- 1 Tbsp. red miso
- 1 cup almond flour or GF breadcrumbs
- ½ cup seasoning of choice (I use Pork Barrel BBQ American Seasoning & Rub)
- Optional: organic BBQ sauce to use as glaze

Directions

1. Preheat oven to 350 degrees.
2. In a blender or food processor, process onion, garlic, carrot, and mushrooms to a fine chop. If you prefer to not see the vegetables in your meatloaf, add the eggs as well and puree.
3. In a large bowl, combine meat, vegetables, eggs (if not in your puree), miso, almond flour/breadcrumbs and seasoning of choice. Wash hands and use your hands to mix the mixture well, combining fully.
4. I like to take a golf ball sized piece of meat and cook it in a pan to check my seasoning and make sure I do not need more. This is up to you. Once happy with seasoning, proceed with the recipe.
5. Place mixture directly into 2 9" loaf pans. Mixture will fill each about ¾ full. Smooth out the top and place both loaf pans onto a rimmed baking sheet in case there is any overflow.
6. Bake for about 45 minutes until a thermometer reads 160 degrees in the center. If you like a glaze on your meatloaf, I suggest brushing on your favorite BBQ sauce after about 30 minutes of baking time.



RECIPE

- I made this recipe for 2 loaves because I generally find ground lamb in 1 lb. packages. This is the ratio that I like best. This meatloaf freezes beautifully, so if you only need one, go ahead and make them both, wrap in both plastic and foil and freeze.

Nutrition Facts

Servings: 8

Amount per serving

Calories **487**

% Daily Value*

Total Fat 18.3g **24%**

Saturated Fat 6.1g **31%**

Cholesterol 264mg **88%**

Sodium 265mg **12%**

Total Carbohydrate 5.2g **2%**

Dietary Fiber 1.6g **6%**

Total Sugars 2.2g

Protein 71.7g

Vitamin D 57mcg **284%**

Calcium 34mg **3%**

Iron 34mg **190%**

Potassium 1008mg **21%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**