



BBQ meatloaf

Super quick and so tasty! A great low carb, keto option. I used a low sugar BBQ sauce for this, if you use a standard one the carbs will be slightly higher. For dairy free, swap out the cheese for nutritional yeast flakes (1/2 cup total) or omit entirely. You can also use a lean mince to lower fat calories, or swap beef mince for chicken.

Serves 5. Per serve: Cal: 516; Fat: 30.6g; Pro: 54.1g; Carbs: 3.3g

Serves: 5, Prep time: 00:10, Cook time: 00:45

Instructions

Preheat oven to 180 degrees Celcius and line a loaf tin with baking paper.

Whisk the two eggs in a small bowl.

In a larger bowl, add the mince, eggs, psyllium husk, garlic powder, tomato paste, BBQ sauce and tamari or coconut aminos*. mix with hands/spoon until well blended.

Put 1/3 of the mince mixture into the loaf tin in an even layer. Add first tablespoon of mustard and 1/3 cup cheese. Add another 1/3 of the mince mixture and repeat with the mustard and cheese, finishing off the loaf with mustard and cheese on top.

Bake in oven for around 45-50 minutes until cooked through.

Ingredients

- 2 Eggs
- 1 kilograms Beef mince (2 lb 3.5 oz)
- 2 tablespoon Psyllium husk
- 1 teaspoon Garlic powder
- 0.25 cups Tomato paste
- 0.5 cups BBQ sauce, (I used Gregg's 60% less sugar)
- 2 tablespoon Tamari or Coconut Aminos
- 3 tablespoon Dijon mustard
- 1 cups Tasty cheese

Enjoy.

*this is a soy sauce substitute. You could easily use soy sauce here.

* for dairy free, sub out cheese for nutritional yeast flakes