

# MEAT LOAF

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## INGREDIENTS

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1 pound ground beef	1 tbsp Worcestershire sauce
1 green pepper	1 tsp pepper
1/2 onion	3 slices bacon
1 clove garlic	1/4 cup parmesan cheese
2 large eggs	1/2 cup shredded cheddar
1/2 cup almond flour	1 tsp salt
3 tbsp sugar free ketchup	1 tbsp Italian salad dressing

## PROCEDURE

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Preheat oven to 375 degrees.

Mince the green pepper, onion, and garlic.

Add to a large bowl with the ground beef, eggs, almond flour, cheddar, Parmesan cheese, Worcestershire sauce, salt, and pepper. Use your hands to combine.

Shape mixture into a loaf, about 7x4 inches, and place in a 9x13 baking dish.

Cut the bacon slices in half and drape over the meatloaf.

Bake for 25 minutes.

Whisk together the ketchup and Italian dressing. Spoon half of the mixture over the meatloaf.

Increase heat to 425 and bake an additional 10 minutes and then spread the remaining sauce over the meatloaf.

Continue baking for 10-15 minutes or until the internal temperature reaches 160 degrees.

Let rest 5 minutes before slicing and serving.

**NATURAL HEALTH**

2000 Jefferson St. Quincy, IL 62301  
(217) 228-2040