

Barbecue Grilled Meatloaf

Prep time: 10 minutes

Cook time: 30 minutes

Chill time: 15 minutes

Ingredients

1 pound Laura's 92% Lean Ground Beef or 96% Lean Ground Round

1/2 small onion, finely chopped

1 cup plain dried breadcrumbs

1 egg, lightly beaten

1/3 cup barbecue sauce

Vegetable cooking spray

1/4 cup barbecue sauce

Directions

1. Combine ground beef, onion, breadcrumbs, egg and 1/3 cup barbecue sauce in a large bowl. Shape into a loaf. Wrap in aluminum foil coated with cooking spray and chill 15 minutes in the freezer.
2. Poke fork-size holes on both sides of foil. Grill meatloaf in foil package, covered with grill lid, over medium-high heat 10 to 15 minutes on each side or until a meat thermometer inserted into thickest portion registers 155 degrees.
3. Open foil and spoon remaining 1/4 cup barbecue sauce over meatloaf. Cover with aluminum foil for 5 to 10 minutes to heat through. Serve immediately.

Makes 6 servings.

Cooking Tip: Meatloaf and meatballs are essentially the same recipe, with a different shape. If you like the idea of meatballs in barbecue sauce you can use this barbecue grilled meatloaf recipe. Simply mix up all ingredients, form meatballs, cook in a skillet, and bathe in barbecue sauce. For a potluck or buffet, keep hot in a crockpot.

Nutritional Analysis Per Serving

Using Laura's 92% Lean Ground Beef

CALORIES 225 (32% from fat); FAT 7.9g (sat 2.3g); PROTEIN 18.0g; CARB 20.2g; FIBER 1.0g; CHOL 75mg; IRON 3.7mg; SODIUM 527mg

Diabetic Exchanges: 3 lean meat

Nutritional Analysis Per Serving

Using Laura's 96% Lean Ground Round

CALORIES 212 (22% from fat); FAT 5.0g (sat 1.6g); PROTEIN 20g; CARB 20g; FIBER 1.0g; CHOL 75mg; IRON 2.5mg; SODIUM 537mg

Diabetic Exchanges: 3 very lean meat