



Meatloaf is a classic comfort food and this low carb version is just as comforting as the original. It uses riced cauliflower in place of the bread crumbs and the ketchup typically called for in the recipe is replaced with a low-sugar barbecue sauce.

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Healthful Comfort

Low Carb Meatloaf

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| 1 pound ground turkey, beef, bison, or
chopped mushrooms | 1/4 cup Worcestershire sauce |
| 1 medium onion, chopped | 1 tablespoon chopped fresh or dried
parsley |
| 2 stalks celery, chopped | 1 teaspoon garlic powder |
| 1 cup cauliflower, riced (fresh or frozen) | 1/2 teaspoon sea salt |
| 1/2 cup low sugar BBQ sauce
(plus 2 tablespoons for glaze) | 1/2 teaspoon freshly-ground black
pepper |

Preheat oven to 400° Fahrenheit

Mix all ingredients together and mold into loaf on baking sheet. Bake for 40 minutes.
Turn off oven. Glaze with more BBQ sauce and return to hot oven for 10 minutes.

