

BAKEN-ETS® Keto-Friendly Meatloaf

Ingredients

- 1 bag (4 oz) Baken-Ets® Traditional Fried Pork Skins
- 1 egg, beaten
- 1 ½ lbs lean ground beef
- 1/2 cup grated onion
- 1/2 cup grated Parmesan cheese
- 6 tbsp low-carb, sugar-free barbecue sauce, divided
- 1/4 cup tomato paste
- 1/4 cup finely chopped fresh parsley
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp black pepper

How to make it

1. Preheat oven to 350°F.
2. Finely crush BAKEN-ETS® Traditional Fried Pork Skins until they resemble coarse breadcrumbs (makes about 2 cups).
3. In large bowl, stir together egg, crushed BAKEN-ETS®, beef, onion, Parmesan, 1/4 cup barbecue sauce, tomato paste, parsley, garlic, salt and pepper until well combined. Pat into greased 9 x 5-inch loaf pan. Brush top with remaining 2 tbsp barbecue sauce.
4. Bake for 45 to 60 minutes or until golden brown, cooked through, no longer pink and instant-read thermometer registers 160°F when inserted into thickest part of meatloaf.
5. Drain fat. Let stand for 10 minutes before slicing.



PREP
TIME
20 min



COOK
TIME
45 min



TOTAL
TIME
65 min (+
10 min
standing
time)



SERVINGS
6-8

Made with



Baken-Ets® Traditional Fried Pork Skins