



FROM THE KITCHEN OF: KEN HELLER  
ACCOUNT EXECUTIVE - JSG SPOKANE

# BACON WRAPPED MEATLOAF

## INGREDIENTS

1 lb ground beef, 80/20  
1 green bell pepper  
1/2 onion  
1 clove garlic  
2 eggs  
1/2 cup almond flour  
1/2 cup grated mozzarella (or cheddar)  
1/4 cup powdered Parmesan cheese  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1 teaspoon ground black pepper  
3 slices bacon  
3 tablespoons reduced sugar ketchup  
1 tablespoon bottled Italian salad dressing

"MY MOTTO IS: BACON ALWAYS  
MAKES IT BETTER."  
- ANNE BURRELL

## INSTRUCTIONS

Preheat oven to 375 degrees.

Dice the green pepper, onion, and garlic.

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

Shape mixture into a loaf and place in a 9x13 baking dish.

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

Whisk together the ketchup and Italian dressing until combined. Spoon mixture over the bacon and spread to coat.

Bake for 25 minutes. Increase heat to 425 and bake an additional 20 minutes or until temperature reaches 160 degrees.

Let stand 10 minutes before slicing and serving.

