

# Southern Meatloaf

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-meatloaf-dinner-recipe>

## Ingredients:

- meatloaf
- 1 tablespoon cooking oil
- 1 onion grated
- 2 teaspoons garlic minced
- 1/4 cup green bell pepper finely chopped
- 1 1/2 pounds ground beef
- 3 tablespoons parsley chopped
- 3/4 cup breadcrumbs
- 1 egg
- 2 teaspoons fresh thyme
- 1 teaspoon white pepper
- 2 grams cayenne pepper
- 1/2 teaspoon beef bouillon powder or 1 cube
- 2 teaspoons Worcestershire sauce
- 3/4 cup milk
- salt unchecked?, to taste, I used about 1 1/2 teaspoons
- 1/4 teaspoon ketchup
- 1/2 cup ketchup
- 1 tablespoon Dijon mustard
- 2 tablespoons brown sugar lightly packed

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 175 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 39 grams
7. SaturatedFat: 12 grams

8. Sodium: 870 milligrams
  9. Sugar: 17 grams
  10. TransFat: 1.5 grams
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