

Southern Style Meatloaf

Yield: 7 min
Total Time: 85 min

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

Ingredients:

- 1 tablespoon bacon drippings cooking oil or butter
- 1 1/2 cups chopped onion
- 1/2 cup chopped bell pepper
- 1 tablespoon minced garlic
- 2 pounds ground chuck
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper freshly
- 1/2 teaspoon Cajun seasoning or Creole, like Slap Ya Mama
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 pinch dry mustard
- 1/2 cup ketchup
- 1 teaspoon Worcestershire sauce
- 3 slices white bread
- 1/3 cup whole milk
- 2 large eggs beaten
- 1/2 cup ketchup
- 1 teaspoon yellow mustard or Creole
- 1/2 teaspoon Worcestershire sauce
- 2 light brown sugar packed tablespoons

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 150 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 29 grams

7. SaturatedFat: 10 grams
 8. Sodium: 930 milligrams
 9. Sugar: 11 grams
 10. TransFat: 1.5 grams
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