

# Embutido (Filipino Meat Loaf)

Yield: 8 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-meat-loaf-recipe>

## Ingredients:

- 2 tablespoons canola oil
- 4 cloves garlic finely chopped
- 3 carrots medium, finely chopped
- 1 yellow onion small, finely chopped
- 1 red bell pepper stemmed, seeded, and finely chopped
- 1 pound ground beef
- 1 pound ground pork
- 9 ounces cooked ham cut into ?? cubes
- 1/2 cup golden raisins finely chopped
- 1/3 cup bread crumbs
- 3 tablespoons chopped parsley finely
- 2 tablespoons soy sauce
- kosher salt
- ground black pepper
- 6 hard boiled eggs peeled
- 8 ounces pimientos sliced, drained

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 255 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 10 grams
8. Sodium: 910 milligrams
9. Sugar: 8 grams
10. TransFat: 0.5 grams

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