

Hearty Meatloaf ~ A Taste From Home

Yield: 16 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/taste-from-mexico-recipe>

Ingredients:

- 1 onion medium to large, minced
- 6 cloves garlic
- 1 tablespoon olive oil
- 1 cup breadcrumbs or 1 cup of ground oats if you need to be gluten-free
- 1 cup milk cow's or plain almond milk
- 4 pounds lean ground meat I've used beef, but want to try some ground game meat in the future.
- 1/2 cup Parmesan cheese
- 3 tablespoons parsley
- 2 eggs

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Protein: 27 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 190 milligrams
8. Sugar: 2 grams

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