

# Ketchup Meatloaf

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St. Lucie News-Tribune*

## Servings: 4

*3 tablespoons olive oil  
1 large onion, diced  
3 stalks celery, diced  
2 cloves garlic, diced  
6 slices whole wheat bread, cubed  
3 cups ketchup, divided  
1 cup milk  
1 cup parsley, finely chopped  
1 cup Parmesan cheese, grated  
1 tablespoon Worcestershire sauce  
1 pound ground beef chuck or round  
1 pound ground veal  
1 pound ground pork  
1 pound ground turkey  
salt  
fresh ground pepper  
1/2 pound bacon*

Preheat the oven to 350 degrees.

In a saute' pan, heat the olive oil over medium heat. Add the onions, celery and garlic. Saute' until soft.

In a large bowl, combine the bread, two cups of the ketchup and the milk. Stir to combine well or until the bread has absorbed the liquids.

Add the parsley, cheese, Worcestershire sauce, meats and onion mixture. Season with salt and pepper. Using your hands (take off your rings) mix until well combined.

In an oven-to-table dish, shape the mixture to resemble a large loaf or split it into two smaller ones.

Arrange the bacon slices on a diagonal to cover the loaf, tucking in the ends of the bacon under the meat. Spread the remaining ketchup on top.

Bake for one hour. Drain some of the liquid from the pan. Bake for 30 minutes more.

Let rest for 5 minutes before slicing into 1-1/2-inch thick slices. Serve hot.

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Per Serving (excluding unknown items): 1492 Calories; 90g Fat (53.7% calories from fat); 96g Protein; 78g Carbohydrate; 7g Dietary Fiber; 337mg Cholesterol; 4000mg Sodium. Exchanges: 1 1/2 Grain(Starch); 12 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 10 1/2 Fat; 3 1/2 Other Carbohydrates.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1492	<b>Vitamin B6 (mg):</b>	1.8mg
<b>% Calories from Fat:</b>	53.7%	<b>Vitamin B12 (mcg):</b>	4.2mcg
<b>% Calories from Carbohydrates:</b>	20.7%	<b>Thiamin B1 (mg):</b>	1.6mg
<b>% Calories from Protein:</b>	25.6%	<b>Riboflavin B2 (mg):</b>	1.2mg
<b>Total Fat (g):</b>	90g	<b>Folacin (mcg):</b>	120mcg
<b>Saturated Fat (g):</b>	31g	<b>Niacin (mg):</b>	26mg
<b>Monounsaturated Fat (g):</b>	41g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	10g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	337mg	<b>% Daily Value:</b>	0.0%
<b>Carbohydrate (g):</b>	78g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	7g	<b>Grain (Starch):</b>	1 1/2
<b>Protein (g):</b>	96g	<b>Lean Meat:</b>	12
<b>Sodium (mg):</b>	4000mg	<b>Vegetable:</b>	1
<b>Potassium (mg):</b>	2557mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	512mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	8mg	<b>Fat:</b>	10 1/2
<b>Zinc (mg):</b>	12mg	<b>Other Carbohydrates:</b>	3 1/2
<b>Vitamin C (mg):</b>	79mg		
<b>Vitamin A (i.u.):</b>	2884IU		
<b>Vitamin A (r.e.):</b>	336 1/2RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 1492                      **Calories from Fat:** 801

		<b>% Daily Values*</b>
<b>Total Fat</b>	90g	138%
Saturated Fat	31g	157%
<b>Cholesterol</b>	337mg	112%
<b>Sodium</b>	4000mg	167%
<b>Total Carbohydrates</b>	78g	26%
Dietary Fiber	7g	27%
<b>Protein</b>	96g	
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<b>Vitamin A</b>		58%
<b>Vitamin C</b>		131%
<b>Calcium</b>		51%
<b>Iron</b>		47%

\* Percent Daily Values are based on a 2000 calorie diet.