

Low-And_Slow_Smoked Meatloaf

Evans - Chef-Owner, BBQ Joint, Easton MD
Palm Beach Post

2 1/4 pounds 80%/ 20% ground beef
1/4 cup tomato-based barbecue sauce
2 large eggs
1 cup plain dried bread crumbs, such as panko
8 ounces canned diced tomatoes, drained
1 1/2 teaspoons Kosher salt
1 teaspoon freshly ground black pepper
1/4 cup barbecue sauce (for glaze)

Prepare the grill for indirect heat. For a charcoal grill: light the charcoal or wood briquettes. When the briquettes are ready, dump them into a mound on one side of the grill. For a medium-hot fire, you should be able to hold your hand about six inches above the coals for 4 to 5 seconds.

For a gas grill: Place the wood chink or chips in a smoker box or a foil packet with fork holes puncturing the top to let smoke escape. Prepare the grill for indirect heat (fire up only one side). Preheat the grill to high. When smoke appears, reduce the heat to low as it will go, about 200 degrees.

In a large bowl, combine the ground beef, sauce, eggs, bread crumbs, tomatoes, salt and pepper. Mix well. Pack the mixture into a 5x9-inch loaf pan or 6x10-inch baking dish.

When the grill is ready, place the meatloaf pan on the cool, or indirect, side of the grill. Fill a 9x9inch aluminum pan with water and place it on the other side of the grill. (If there is not enough space for the pan, that's okay; you can omit it.) If using a charcoal grill, add the hickory chunk or chips to the coals now. Cover the grill and smoke the meatloaf over indirect heat as close to 200 degrees as possible until the interior temperature registers 140 degrees on an instant-read thermometer. At that point, brush the remaining barbecue sauce on top of the meatloaf and cover the grill. The glaze will set while the meatloaf reaches its final temperature of 150 to 160 degrees. Total cooking time depends on the heat of your fire and size of your baking pan or dish, but three hours is a good estimate.

Transfer the meatloaf pan to a heatproof surface. Cover it with foil and allow it to rest for 20 minutes before slicing and serving.

MAKE AHEAD: You can assemble the meatloaf a day in advance and smoke it the next day. The cooked meatloaf can be wrapped and refrigerated for up to three days or frozen for up to three months. To reheat, defrost if frozen. Wrap in aluminum foil and bake at 350 degrees for about 30 minutes or until heated through.

Per Serving (excluding unknown items): 210 Calories; 10g Fat (42.8% calories from fat); 17g Protein; 14g Carbohydrate; 4g Dietary Fiber; 424mg Cholesterol; 3736mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Fat.

Beef, Grill

Per Serving Nutritional Analysis

Calories (kcal):	210	Vitamin B6 (mg):	.1mg
% Calories from Fat:	42.8%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	25.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	31.5%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	10g	Folacin (mcg):	48mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	424mg	% Refused:	0 0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	17g	Lean Meat:	1 1/2
Sodium (mg):	3736mg	Vegetable:	0
Potassium (mg):	444mg	Fruit:	0
Calcium (mg):	61mg	Non-Fat Milk:	0
Iron (mg):	14mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	1437IU		
Vitamin A (r.e.):	140 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 210 **Calories from Fat:** 90

% Daily Values*

Total Fat 10g	15%
Saturated Fat 3g	16%
Cholesterol 424mg	141%
Sodium 3736mg	156%
Total Carbohydrates 14g	5%
Dietary Fiber 4g	17%
Protein 17g	
Vitamin A	29%
Vitamin C	20%
Calcium	6%
Iron	77%

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

