



BBQ Meatloaf

Ingredients:

- 1 lb ground beef
- 1 egg
- 1/4 cup [bbq sauce](#)
- 1/2 yellow onion (optional)
- 1/2 zucchini, peeled (optional)
- 1/2 cup plain bread crumbs
- 2 tsp salt
- 1 tsp each; black pepper, paprika and garlic powder
- 1 cup bbq sauce to top

Directions:

Preheat oven to 425 degrees.

If you're adding vegetables, puree onion and zucchini in a food processor until smooth. In a large bowl combine ground beef, egg, bbq sauce and vegetables (if using). Mix with your hands until smooth, and the veggies are evenly distributed throughout the meat

Add bread crumbs and spices and mix with your hands until well combined. Form meat into a loaf, and place on a cookie sheet lined with parchment paper or foil. If you're making individual meatloaf's, form equal size "meatballs", and place in a prepared muffin tin. Top meatloaf or individual meatloaf's with remaining bbq sauce. Pour bbq sauce over the top of your loaf and carefully spread over the sides using a silicone brush. If you're making individual meatloaf's, add 1 tbsp bbq sauce to the top of each meatloaf, and spread evenly over the top to cover.

Bake meatloaf in preheat oven for 30-35 minutes. If you're making individual meatloaf's, bake for 20 minutes. Remove from oven and let rest 5-10 minutes before slicing.