

DINNER

Alabama Meat Loaf

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$1.93	456 kcal

Alabama Meat Loaf requires roughly 45 minutes from start to finish. This main course has 474 calories, 32g of protein, and 18g of fat per serving. For \$1.93 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. This recipe serves 12.

Ingredients

☐ 4 slices bacon slices	☐ 4 cups soft breadcrumbs
☐ ¼ cup firmly packed brown sugar	☐ 15 ounce tomato sauce canned
☐ 2 large eggs, lightly beaten	☐ ½ cup large green bell pepper, minced (about
☐ 1 pound ground pork	☐ 2 tablespoons hot sauce
☐ 1/3 cup ketchup	☐ 2 pounds lean ground beef
☐ ¼ cup maple syrup	☐ ½ cup small onion, minced (about
☐ ¾ cup finely chopped smoked ham	☐ 3 tablespoons Worcestershire sauce

EQUIPMENT Bowl, Oven, Plastic wrap, Aluminum foil, Broiler pan

Method

- 1 Stir together ground beef and next 11 ingredients in a large bowl just until combined. Shape mixture into 2 (9- x 4-inch) loaves; place in an aluminum foil-lined broiler pan.
- 2 Pour half of tomato sauce evenly over each loaf, and arrange 2 bacon slices over each loaf.
- 3 Bake at 350 for 1 hour.

- 4 Let stand 10 minutes before serving.
- 5 Mini Alabama Meat Loaves: Shape mixture into 12 (2- x 4-inch) loaves, and arrange on a rack in a foil-lined broiler pan.
- 6 Bake 40 to 45 minutes.
- 7 To make ahead: Omit tomato sauce and bacon. Wrap unbaked meat loaf in plastic wrap and foil. Freeze up to 1 month. Thaw in refrigerator overnight, unwrap, and proceed as directed.

Nutrition per serving

456	32 g	18 g	41 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6.5 g · 41% of daily needs
Fibre			2.4 g · 10% of daily needs
Sugar			14.3 g · 16% of daily needs
Sodium			867 mg · 38% of daily needs
Cholesterol			115 mg · 38% of daily needs
Vitamin C			10.7 mg · 13% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/alabama-meat-loaf-148212