

STARTER & SNACK

# Barbecue Meat Loaf Sandwiches

5 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 6      | \$0.58      | 219 kcal |

Forget going out to eat or ordering takeout every time you crave Barbecue food.

## Ingredients

- ☐ ½ cup barbecue sauce
- ☐ 6 slices (1-inch-thick) cold meat loaf slices
- ☐ 9½ ounce box frozen five-cheese Texas toast
- ☐ 1 cup prepared coleslaw
- ☐ 8 ounce box frozen onion rings

EQUIPMENT Frying pan

## Method

- 1

Prepare Texas toast according to package directions.
- 2

Prepare onion rings according to package directions.
- 3

Spray a large nonstick skillet with cooking spray, and heat over medium-high heat.
- 4

Add meat loaf slices, and cook 5 minutes. Turn, brush evenly with barbecue sauce, and cook 5 minutes more or until thoroughly heated.
- 5

Top each slice of toast evenly with meat loaf slices, coleslaw, and onion rings.
- 6

Serve immediately.
- 7

Note: For testing purposes only, we used Pepperidge Farm Five Cheese Texas Toast and OreIda Vidalia O's.

## Nutrition per serving

**219**

KCAL

**4 g**

PROTEIN

**8 g**

FAT

**33 g**

CARBS

Saturated Fat

2.3 g · 15% of daily needs

Fibre

2.3 g · 9% of daily needs

Sugar

12.1 g · 13% of daily needs

Sodium

485 mg · 21% of daily needs

Cholesterol

0.7 mg · 0% of daily needs

Vitamin C

7.2 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/barbecue-meat-loaf-sandwiches-148008](https://whatsheate.com/barbecue-meat-loaf-sandwiches-148008)