

DINNER

Coco's Meatloaf

17 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	15 min	60 min	6	\$1.56	526 kcal



Coco's Meatloaf requires around 1 hour and 30 minutes from start to finish. This recipe serves 6. One serving contains 526 calories, 31g of protein, and 34g of fat. For \$1.56 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals. It is brought to you by Allrecipes.

Ingredients

- ☐ 1 teaspoon dry mustard
- ☐ ½ cup chopped green bell pepper
- ☐ 2 tablespoons ketchup
- ☐ ¼ cup milk
- ☐ ¾ cup chopped yellow onion
- ☐ 2 eggs
- ☐ 2 pounds ground beef
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups crushed saltine crackers

EQUIPMENT Bowl, Oven, Blender, Baking pan

Method

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Combine onion, green bell pepper, milk, 1/4 cup ketchup, and eggs in a blender and puree until smooth.
- 3 Stir ground beef, crushed saltine crackers, kosher salt, dry mustard in a large bowl.
- 4 Add onion and egg mixture; stir to combine.
- 5 Transfer beef mixture to a shallow baking dish and shape into a loaf.
- 6 Drizzle top of the meatloaf with 2 tablespoons ketchup.
- 7 Bake in the preheated oven for 45 minutes.
- 8 Remove from oven and let meatloaf to rest uncovered for 15 minutes. Slice and serve.

Nutrition per serving

526	31 g	34 g	22 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12.7 g · 79% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			3.1 g · 3% of daily needs
Sodium			1,167 mg · 51% of daily needs
Cholesterol			163 mg · 54% of daily needs
Vitamin C			11.7 mg · 14% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/cocos-meatloaf-143241