



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Bacon Wrapped Meatloaf

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. Nonna's meatloaf is low carb, tasty and filling. As always, the recipe is flexible. You can switch pork rinds for bread crumbs, add more or less marinara sauce, or even change the sauce to something different.

Ingredients

1/4 cup Goat Butter
1 large chopped onion
1 minced garlic
1 pack mushrooms
Shredded or thinly sliced mozzarella cheese
1/2 cup grated romano cheese
3 pounds ground meat
1 can tomato sauce
1 large bag pork rinds
3 eggs (1 egg per pound of ground meat)
Spicy Salt (Nonna likes Jacobsen Ghost Chili Salt)
Your favorite spices (Nonna likes Dan Pastorini's Garlic and Herb Seasonings)

Preparation:

1. Sauté onion, garlic, mushrooms in goat butter.
2. Blend or other wise mash up pork rinds (the entire bag)
3. Mix ground meat with eggs (1 egg per pound of meat), romano cheese, and the blended pork rinds. Mix thoroughly.
4. Put plastic wrap on a flat surface.
5. Lay ground meat down on plastic wrap and smash it flat.
6. Put sautéed mix in middle of the ground beef (length wise).
7. Cover mix with mozzarella (as much or as little as you like)
8. Cover mozzarella with romano cheese (as much or as little as you like)
9. Roll sides of ground meat up around the filling.
10. Lift the meatloaf using the plastic wrap and slide the meat into a casserole or meatloaf dish. Make sure you REMOVE the plastic wrap. DO NOT COOK THE MEATLOAF WITH THE PLASTIC WRAP STILL UNDERNEATH THE MEAT.
11. Pour marina sauce over meatloaf. How much you pour is up to you!
12. Place the bacon over the top and cook about an hour.
13. Check at 30 min to see how it's going. (See Note 1)

Note 1: The meatloaf should be cooked when the bacon is cooked. You may need to flip the bacon over to help it cook on both sides. Also, you can check the meatloaf a few ways. One way is to stab the meatloaf at the middle and all the way to the center and look at the juices. If the juices are clear (and not red) the meatloaf is likely done. Double, check by cutting the middle and looking at it. The meat should not be pink.

Nonna donates 50% of proceeds to JumpForTheRose.org.

