

# Bacon Wrapped Meatloaf

Makes 4 servings



## Ingredients



- 2 tbsp butter
- 1 yellow onion, chopped
- 25 oz. ground beef, lamb or pork
- ½ cup heavy whipping cream
- ½ cup shredded cheese
- 1 egg
- 1 tbsp dried oregano or dried basil
- 1 tsp salt
- ½ tsp ground black pepper
- 7 oz. sliced bacon
- 1¼ cups heavy whipping cream, for the gravy
- ½ tsp tamari soy sauce (optional)

## Instructions

1. Heat the oven to 400°F (200°C).
2. Fry the onion until soft but not browned.
3. Mix the ground meat in a bowl. Add all other ingredients, except the bacon. Mix well, but avoid overworking it because this can make the end result too dense.
4. Form into a loaf and place in a baking dish. Wrap the loaf in bacon.
5. Bake in the middle of the oven for about 45 minutes. If the bacon begins to overcook before the meat is done, cover with aluminum foil and lower the heat a bit.
6. Save the juices that have accumulated in the baking dish, and use to make the gravy. Mix the juices and the cream in a smaller sauce pan. (I use 1/2 cup of the juices with the cream but you can adjust as needed here)
7. Bring to a boil and lower the heat and let simmer for 10–15 minutes until it has the right consistency. If you want, use a little tamari soy sauce to taste.

**Nutrition:** Per Serving: Carbs: 6g, Fat 90g, Protein 48g