



B&B's BEST
YOU ARE WHAT YOU EAT
SO EAT THE BEST

Smoked Meat Loaf

This can also be cooked in an oven, (see tips at end). However, I love the smokiness of cooking in a smoker.

Ingredients

(I use ½ red ½ orange)
1 ½ Tbsp. [B&B's Best Burger Blast](#)
2 eggs
½ cup [B&B's Best Bacon Ketchup](#)
½ cup plain breadcrumbs
Metal loaf pan 2 lbs. Ground Beef
1 medium onion chopped.
1 bell pepper chopped
Cooking Spray



Instructions

1. In large bowl combine Ground Beef, Onion, bell pepper and Burger Blast.
2. With your hands mix thoroughly.
3. Add the eggs and breadcrumbs.
4. Again, with your hands mix thoroughly.
5. Spray a metal loaf pan with cooking spray.
6. Put meat mixture in loaf pan and pat down to remove any voids.
7. Pour the Bacon Ketchup over the top.
8. Heat grill/smoker to 225°
9. Place meat loaf on grill and cook for approximately 1.5 hours.
10. Check internal temp to make sure you have reached 165°
11. Remove from grill and let stand for 15 minutes.
12. Cut and serve.

Can also be cooked in oven with a temp of 350° for 1 hour.