

# Famous Burger Meatloaf



**Plan Z Phase:** This is a Z2 (ZReduction) recipe.

This is a “Whopper” of a meatloaf, designed to taste like the famous burger. I hope you enjoy.

**Servings:** Serves 6

## **Ingredients:**

- 2 pounds of ground sirloin
- 1 egg
- 1 cup of diced onion
- $\frac{1}{2}$  cup of breadcrumbs. You will skip eating your breadstick at this meal.
- Grated sea salt and pepper to taste
- $\frac{1}{4}$  cup of canned tomato sauce (No added sugar. Hunts is a good one.)
- Dill pickle slices, check label to make sure straight dill pickles. No sugar
- 3 Tbl of mustard of your favorite flavor of mustard. Just make sure there is no sugar.

## **Instructions:**

Preheat your oven to 350 degrees.

In a large bowl add the meat, egg, onion and breadcrumbs with a good grate of salt and pepper. Mix till fully blended. I always do this with my hands and get in there and mix it up good. You want to ensure all the ingredients are equally distributed.

Take out a loaf pan. Spray it with olive oil spray.

Put in the meat mixture and form it into a loaf. I make sure mine is higher in the middle than at the ends. Your choice.

Bake the meatloaf for one hour at 350 degrees. Take out of the oven. Spread on the mustard. Then drizzle on the tomato sauce and top with a row of dill pickle slices down the middle. Put back in the oven and bake for another 10 minutes.

Remove it from the oven and let it sit for 10 minutes before cutting.

You should get six slices from the meatloaf to stay within the Z2 portion range. One slice per dieter is 4-6 ounces.

Enjoy!

Cheers,