

Meatloaf Sandwich

Thick Sliced Meatloaf, Smoked Gouda, Garlic Aioli, Crispy French's' Fried Onions... mmmm

Talk about using every possible inch of paper on a page! This is my low fat version of "Claim Jumper's" meatloaf sandwich. I did my best to try and make a moist meatloaf using 99% fat free ground turkey and I'm pleased with the results. Is it the same as using 85/15 ground beef? Nope. But, it's good, healthy, and a pretty fun process to make this little baby sized half meatloaf.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger



R-D

4-4

- last checked 03/15/24 -
These points **DO NOT INCLUDE THE BREAD!**
Use whatever bread you want, then add these points.

Ingredients:

Savory Ground Turkey Meatloaf Mix:

- 1lb batch of my Savory Ground Turkey, recipe on pg. 26, with the following changes:
 - Add 1 large egg
 - Add 2 Tbsp plain fat free Greek yogurt
 - Add 2 Tbsp plain breadcrumbs (or, you can toast 2 entire pieces of keto bread and turn them into crumbs (pg. 38). If you make the crumbs yourself, you get 1/2 cup for 2 points, vs. only 2 Tbsp of store bought plain crumbs. (Seriously... make your own crumbs!)).

Quick BBQ Sauce:

- 1 batch of my BBQ Sauce, recipe on pg. 16

Garlic Aioli Spread:

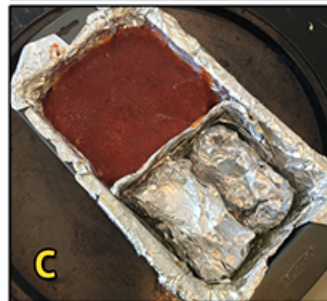
- 6 Tbsp plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp lemon juice
- 1/4 tsp garlic powder
- 2 medium garlic cloves, crushed, finely chopped
- 1/4 tsp salt
- 1/4 tsp coarse ground black pepper

Additional Ingredients:

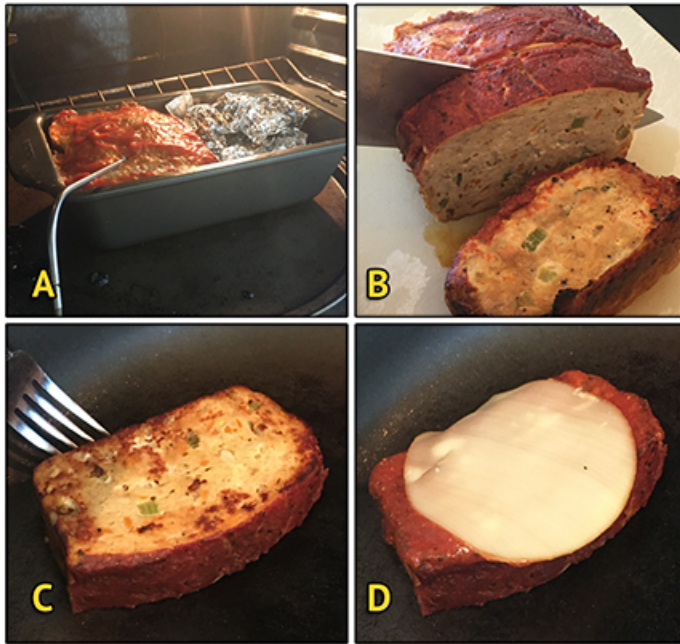
- 3/4 cup diced onion (for meat mix, step 2A)
- 1/2 cup diced celery (for meat mix, step 2A)
- 1/4 cup diced carrot (for meat mix, step 2A)
- 2 garlic cloves, minced. (for meat mix, step 2A)
- 4 slices smoked gouda cheese. You want 4 slices for 11 total points. Or 18 grams per slice, for a total of 72 grams o' cheese.
- 1 small red onion, thin sliced
- Lettuce
- Dill pickle chips
- 2 Tbsp French's original french fried onions, slightly crushed

Directions:

- 1 Prepare the bbq sauce, as directed. Set aside. Mix all of the Garlic Aioli ingredients together in a small cup. Set aside.



- 2 (A) Cook the diced onions, celery, carrots and garlic in a pan, with cooking spray. Season with salt and pepper, cook for 5-6 minutes, till vegetables are softened. Set aside. (B) Mix the 1lb batch of 'savory' meat seasoning, with the listed changes. Add the cooked celery, onions, carrots and garlic into the raw meat. The mix will be sticky, so wet your hands, as needed, while mixing it (C) Line a 9" loaf pan with foil and spray with cooking spray. Pack the meat into one side of the loaf pan. Then, create a folded piece of foil that will act as a divider, place it against one side of the meat and compress it to make a nice square. Fold up some more foil, or use some 'baking beads' or dried beans, to fill up the empty side of the pan, to hold the divider in place when the meat cooks, so it keeps its shape. Cover the meat with some bbq sauce. (D) Heat your oven to 375 degrees, then cover the pan with foil and place it in the oven.



3 (A) Bake, covered at 375 degrees for 25 minutes, then remove the foil cover and bake 5 additional minutes. (B) Remove from oven and let sit for 15 minutes. Place the meatloaf on a cutting board and cut into 4 thick slices. (C) Heat a large pan over medium heat till water sizzles on it, then with cooking spray and fry for 1.5 minutes, then flip the slices. (D) Immediately spoon some bbq sauce onto each slice, then top with a thin slice of smoked gouda. Add a little water into the pan (1 to 2 Tbsp), cover with a lid and cook 1-1.5 more minutes, to melt the cheese. Remove the pan from heat and set aside.

NOTES & SUGGESTIONS:

- **MEATLOAF MAYHEM:** Want to skip a whole heck of a lot of time and steps with this meatloaf? Skip making it in a loaf pan. You can just form all the meat, by hand, into a big meatloaf shape, on a baking pan. It'll look more like a big square mound, but who cares. Smear it with BBQ sauce, loosely tent it with foil, and bake as directed. It won't look as pretty, but it'll definitely save on time. Plus... you won't use up half the foil in your house.
- **THIN SLICED SMOKED GOUDA???:** This recipe calls for an exact amount of smoked gouda slices (weighed in grams), because of points. My recipe allows for 11 total points to be used for 4 slices of smoked gouda cheese. If you have a food scale, buy whatever type of sliced smoked gouda you want, but make sure to trim each piece so that it is 72 grams of total cheese for all 4 slices, which is 18 grams per slice. Any more than that, and the first sandwich will go up 1 point.
- **MEAT MIXTURE:** As mentioned, make the meat mix from page 26, but add the ingredients mentioned in this recipe:
 - cooked onions, celery, carrots, garlic, bread crumbs, an egg and yogurt. The yogurt will help act as a fake "fat", for our ultra lean ground turkey.
- **CRUMBS:** As mentioned, you can go 2 ways with the crumbs in the meat mix. I'm allowing for 2 points of bread crumbs. If you use store bought crumbs, that's only 2 Tbsp. If, however, you choose to use my DIY Guide to make your own crumbs, you can add around 1/2 cup of crumbs into this mix for 2 points. As you can imagine... I'd recommend making your own crumbs.
- **DOUBLING:** You CAN double the meatloaf recipe, to make a full sized meatloaf. However, you'll need to adjust your points (possibly) as WELL AS increasing the bake time. Use a probe thermometer and bake until your meatloaf is 155 degrees, then take it out and let it rest for 15 minutes. It'll keep cooking and the temp will get up to 165 as it rests.



4 **ASSEMBLY:** First, toast your buns, then (A) Spread 1 Tbsp of aioli onto the bottom bun, followed by some lettuce, red onion slices, then some pickles. (B) Place a slice of meatloaf over the pickles, then sprinkle 1-1/2 tsp of crushed French's fried onions onto the cheese. Drizzle some bbq sauce over the fried onions, then spread (C) a 1 Tbsp scoop of garlic aioli onto the top bun. (D) Done.

