



## Bacon Wrapped Meatloaf Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>76</b>
<b>Serving Size</b>	<b>18</b>

### Ingredients:

- 2 tsp oil
- 1 cup onion, red, minced
- 1/2 cup celery, minced
- 1/2 cup carrot, minced
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 3 Tbsp soy sauce
- 1/8 Tbsp salt
- 1/8 Tbsp pepper, black
  
- 1 kg pork, ground
- 1 cup bread crumbs, Japanese
- 3 pcs egg, lightly beaten
- 18 slices bacon

### FOR THE SAUCE

- 1 1/2 cups DEL MONTE Sweet Blend Ketchup (320g)
- 6 Tbsp worcestershire sauce
- 6 Tbsp sugar, brown
- 3 Tbsp soy sauce

### Preparation:

1. Sauté onion, celery, and carrot in oil for 7 minutes or until tender. Add DEL MONTE Original Style Tomato Sauce and season with soy sauce, salt, and pepper.
2. Allow the mixture to cool and add to ground pork with bread crumbs and egg. Mix thoroughly.
3. Line bacon strips in loaf pan and add ground pork mixture. Broil meatloaf for 45 minutes.
4. For the sauce, mix all ingredients in a bowl.

### Chef's Tip

It is important to cool down the cooked vegetable mixture before adding to the cold meat to avoid heating the meat and causing it to spoil.

### Lusog Notes

This Bacon Wrapped Meatloaf recipe is a source of protein, which is necessary for growth and development. It also helps in the regulation and maintenance of the body's fluid balance.

### Cooking Skills Needed

- Mixing
- Sautéing

## Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Sauce Pot
- Spatula

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