

## Main Dish

### Barbecue Meatloaf Rollup

Makes 6-8 servings

Prep time: 15 minutes

**Allergy Alert:** None

#### Ingredients

Mix together:

4 pounds ground beef (90 lean)

2 cups oatmeal

3 tablespoons Worcestershire sauce

1 large sweet onion - diced

1 garlic clove (crushed)

1 small green pepper - diced

8 oz. can mushrooms

#### Barbecue Sauce

Mix together:

2-8 oz cans tomato sauce

1/2 teaspoon garlic powder

1/2 cup brown sugar

1/2 teaspoon onion powder

2 tablespoons cornstarch

1/4 teaspoon allspice

1 teaspoon dry mustard

2 tablespoons Worcestershire sauce

1/2 teaspoon cloves

#### Slow Cooker Instructions

Ready for testing and writing

#### Dutch Oven Instructions

Cooking time: 1 hour 30 minutes

Ideal Dutch Oven size: 12"

Coals: 9 on bottom and 17 on top (~350 degrees)

1. Pat meat out on Saran wrap or aluminum foil into a rectangle about 1/2 inch thick.
2. Place diced vegetables on top of rectangle and push down slightly into meat.
3. Roll meat and vegetables as you would a cinnamon roll, removing aluminum foil as you go.
4. Place in an aluminum foil lined 12-inch Dutch oven, if you had to make a seam in the foil, make sure the seam is down.
5. Bend the meat roll to fit the Dutch oven if necessary.
6. Bake for 15-20 minutes and baste with 1/2 of the barbecue sauce.
7. Bake another 15 minutes.
8. Add the remaining sauce.
9. Bake for approximately 1 hour.