**Low Carb Bacon Wrapped (or Halloween Mummy) Meatloaf**

Servings: 6 – 8

**Ingredients**

**Meatloaf**

* 2 tsp Olive Oil (or other oil of preference)
* 1 medium onion – diced. \*Reserve a few uneven shaped pieces if doing a mummy – see notes at the end
* 2 cloves garlic – minced
* 2 large eggs
* 1 tsp dried Mexican oregano
* 1 tsp dried thyme
* 1 tsp salt
* ½ tsp black or rainbow pepper
* 2 tsp Dijon mustard
* 2 tsp Worcestershire sauce
* ¼ tsp hot red pepper sauce (I use tobacco or Franks Red Hot)
* ½ cup milk or yogurt
* 2 lbs ground beef, turkey or chicken (or, you could mix the three)
* 2/3 cup almond meal/flour
* 1/3 cup parsley or cilantro (I like cilantro)
* 6 ounces sliced bacon

**Sauce**

* ¼ cup ketchup or chili sauce (or a combination of the two)
* 2 tsp apple cider vinegar

**Directions**

Preheat the oven to 350⁰.

Heat the oil in a skillet on medium heat. Add the onion and garlic and sauté until soft, about 5 minutes. Set aside to cool.

In a large bowl, mix the eggs, oregano, thyme, salt, pepper, mustard, pepper sauce and milk or yogurt. Add the meat, almond meal/flour and parsley or cilantro and the now cooled onions and garlic.

Mix with a fork (or your hands) until well combined.

Place the meat mixture either in a Pyrex dish or on a foil lined baking sheet and form into a meat loaf (approx. 9X5 inches)

Mix the ketchup/chili sauce and vinegar and spread on the meat mixture, then place the bacon over the meat loaf overlapping the slices slightly.

Bake about 1 hour or until 160⁰ internal temperature.

\*For Halloween Mummy, shape the loaf in your pan like a skull. Place the uneven onion slices (2 pieces for the eyes, and several small pieces for the teeth, 4 or 5 upper and lower). Wrap the bacon on the skull and around the skull and bake according to directions.