



RB'S BBQ MEATLOAF

3 lbs. lean (15%) ground beef

3 red Anaheim peppers seeded/chopped

3/4 cup wheat bread crumbs

1/4 cup Parmesan cheese

1/4 cup asiago cheese

1/4 cup maple syrup

1/4 cup red wine vinegar

dash of balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon ground black pepper

2 eggs

Pre-heat BBQ to 350°-degrees.

In a large bowl mix the ground beef with the red peppers and stir well. Add the bread crumbs, cheeses, syrup, vinegars, salt, and pepper, and mix well.

Spray the Dutch oven with cooking spray and add the meat mixture, tamping it down LIGHTLY to avoid air pockets. Place the Dutch oven in the bbq and cook 1- 1 1/2 hours, or until internal temperature of the meat is 170°-degrees.

Just before serving remove lid and pour BBQ sauce (below) over top of the meatloaf, cut into serving size pieces and serve. Goes well with grilled corn and baked potatoes.

