

Low-Carb Cheese & Capsicum Stuffed Meatloaf

Hands-on 15 minutes Overall 1 hour 30 minutes

Nutritional values (per serving, 2 thick slices): Total carbs: 7.9 g, Fiber: 3.3 g,

Net carbs: 4.6 g, Protein: 30.8 g, Fat: 35.5 g, Calories: 475 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Meatloaf:

- 500 grams minced beef (1.1 lb)
- 1 small yellow onion, finely chopped (70 g/ 2.5 oz)
- 2 tsp minced garlic
- 2 large eggs
- 1/3 cup flaxmeal (50 g/ 1.4 oz)
- 2 tbsp coconut aminos (30 ml/ 1 fl oz)
- 4 tbsp unsweetened tomato passata (60 ml/ 2 fl oz)
- 1 tbsp dried herbs of choice *or* 2 tbsp fresh
- 1 green capsicum (green pepper), finely chopped (100 g/ 3.5 oz)
- 1/2 cup shredded cheddar cheese (57 g/ 2 oz)
- 200 g sliced Gouda cheese (7.1 oz)
- 1/2 cup flaked *or* grated Parmesan cheese (30 g/ 1.1 oz)

Baste:

- 2 tbsp coconut aminos (30 ml/ 1 fl oz)
- 4 tbsp unsweetened tomato passata (60 ml/ 2 fl oz)

Note: Based on feedback, the amount of flax meal has been adjusted (reduced).

Instructions

- Preheat oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional).
- Place the ground beef, onion, garlic, eggs, flaxmeal, 2 tbsp of coconut aminos, 4 tbsp of passata and herbs in a large bowl and combine well by hand.
- Line a baking tray with silicone paper and set to one side.
- Place a sheet of silicone paper on your surface and tip the beef mix onto it. Using your fingertips, push and pat the mixture into a rectangular shape, making sure that it is no wider than your baking

tray (do not make it too thin or it will break during baking).

- Once ready, place the slices of gouda over the beef, overlapping if required.
- Sprinkle with capsicum and finish with the parmesan and cheddar.
- Starting on the short end of the rectangle, and using the paper to assist, start rolling the meatloaf up as tightly as you can. Make sure that you peel the paper back as you roll, so that it doesn't get trapped in the roll.
- Pinch the ends closed as much as you can to avoid the cheese oozing out too much.
- Place the meatloaf, seam side down, on your prepared baking tray and cover with foil. Bake for 15 minutes covered with foil.
- Remove the foil and bake for a further 15 minutes.
- Combine the baste ingredients in a small jug. Baste with the baste and cook for a further 30 - 45 minutes, depending on how large your roll is. Continue to baste as much as you like. Enjoy warm or let it cool down and store, wrapped in foil, in the refrigerator for up to 4 days or freeze.

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