

# Slow Smoked Barbecued Meat Loaf

## Ingredients

- 1 pound ground beef
- 1/2 pound ground pork
- 1/2 pound ground veal
- 1 tablespoon olive oil
- 1 cup yellow onion, finely chopped
- 1 1/2 cups white bread, torn into small pieces (3 or 4 slices, depending on the thickness)
- 1/2 cup whole milk
- 2 large eggs
- 1/2 cup grated parmesan cheese
- 1/2 cup spicy bourbon barbecue sauce or barbecue sauce of your choice
- 1 tablespoon Worcestershire sauce
- 2 tablespoons BBQ rub of your choice
- 1/2 tablespoon salt
- 2 or 3 handfuls hickory chips, soaked

## Preparation

Prepare a barrel smoker with an offset firebox. You will want the temperature to be between 225 and 250 degrees. Take the meats out of the refrigerator and allow them to sit at room temperature for about 30 minutes while you get the fire ready.

In a frying pan, heat the oil over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes, or until soft and slightly caramelized. Remove from the heat and let cool. While the onion is cooling, combine the bread and milk in a bowl and let stand for about 2 minutes, or until the milk is completely absorbed.

In a stand mixer fitted with the paddle attachment (or in a large bowl using a wooden spoon), combine the soaked bread, meat, cooled onions, eggs, Parmesan, barbecue sauce, Worcestershire sauce, mustard, spice mixture, and salt. Beat on low-speed just until combined. Shape the mixture into a loaf on a sheet pan, or pack into a standard loaf pan.

Place the meat loaf in the smoker and add a handful of the soaked hickory chips. Smoke the meat loaf for 3 to 3 1/2 hours, or until an instant-read thermometer inserted into the center of the loaf registers 165 degrees. Make sure that the temperature inside the smoker stays at about 225 degrees.

Remove the meat loaf from the smoker and let rest for 15 to 20 minutes before serving. Any leftovers will make a great sandwich.