

# PUMPKIN MEATLOAF with BBQ MUSTARD GLAZE

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## Ingredients

1 large Pie Pumpkin  
1 Tablespoon Oil  
1/2 large Onion, finely  
chopped  
1 small green Bell Pepper,  
finely diced  
2 Eggs  
2 pounds Ground Beef  
1 Tablespoon  
Worcestershire sauce  
1/2 Cup Breadcrumbs  
1/2 Cup Oats  
1/4 Cup Ketchup  
1/3 Cup Jimbo's  
Smokehouse BBQ  
Mustard Sauce  
2 teaspoons Kosher Salt  
1/2 teaspoon Black Pepper  
1 teaspoon Paprika  
1 teaspoon Garlic Powder  
2 teaspoons Dried Parsley  
Glaze:  
1/2 Cup Brown Sugar  
1/4 Cup Jimbo's  
Smokehouse BBQ  
Mustard Sauce

## Directions

Begin by slicing the Pumpkin in half around the middle (not top to bottom) and removing the seeds and any string/pulp around the inside. Use a bread-knife to cut the stem so that it is as flat as possible. Place halves in a deep baking dish.

Cook the Onions and Peppers in Oil until tender, about 5 minutes over medium heat. Let cool.

Beat Eggs in a large mixing bowl and then add remaining ingredients (except Glaze) and cooked Onion & Pepper. Use your hands to combine evenly, but do not over-work the mixture. Take a small amount to form a flat "burger" and cook it in the sauté pan used for Onion & Pepper and check that the seasoning is adequate; add more Salt and Pepper if needed.

Roughly divide the mixture in half and transfer to each of the Pumpkin halves, mounding it up slightly.

Add 1/3 Cup Water to the Baking dish and cover tightly with foil. Bake in a 350F oven for about 40 minutes. Remove from oven and use a thermometer to check that the internal temperature is 155F. At this time you could let it cool to room temperature and put in the refrigerator to serve later, or turn the oven up to 400F and finish: Whisk together the Glaze ingredients and spoon over each Pumpkin half. Bake in the hot oven a further 10 minutes, or if reheating, about 40 minutes