

Scrumptious Meatloaf

(Makes six 1 ¼ inch thick servings)

Ingredients:

- 1 pound ground beef, extra lean
- ½ cup (4 ounces) tomato paste
- ¼ cup onion, chopped
- ¼ cup green peppers, chopped
- ¼ cup red peppers, chopped
- 1 cup tomatoes, fresh, blanched, chopped
- ½ teaspoon mustard, low sodium
- ¼ teaspoon ground black pepper
- ½ teaspoon hot pepper, chopped
- 2 cloves garlic, chopped
- 2 stalks scallion, chopped
- ½ teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1 teaspoon orange rind, grated
- ½ teaspoon thyme, crushed
- ¼ cup bread crumbs, finely grated

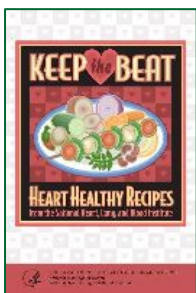
Directions:

- 1) Mix all ingredients together.
- 2) Place in 1 pound loaf pan (preferably with drip rack) and bake uncovered at 350 for 50 minutes.
- 3) Uncover pan and continue baking for 12 minutes. Serve and enjoy!

Nutritional Analysis: (per serving)

- Calories:190
- Fat:9g
- Saturated Fat:3g
- Sodium:91mg
- Cholesterol:45mg
- Protein:17g
- Carbohydrates:11g
- Fiber:2g
- Sugar:0g

Source:



Keep the Beat - Heart Healthy Recipes
from the National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov

Go! Foods® for You Program



This recipe has been slightly modified to meet Go! Foods® criteria.