

## OLD SCHOOL MEATLOAF

I love meatloaf. It's such a nostalgic meal. This one is easy to put together, and even has the ketchup topping. Enjoy! Remember to handle the meat as little as possible so that it stays tender.

 15 minutes 6 portions

### INGREDIENTS

- 16 oz of beef, ground, 90% lean meat / 10% fat, raw [452 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 1/2 cup, chopped of peppers, sweet, red, raw [75 g]
- 1 tsp of salt, table [6 g]
- 1 tsp, ground of spices, pepper, black [2 g]
- 2 tbsps of sauce, worcestershire [34 g]
- 1 large unit of egg, whole, raw, fresh [50 g]
- 1/4 cup of bread, crumbs, dry, grated, seasoned [30 g]
- 1/2 cup of catsup [120 g]
- 1/4 cup of molasses [84 g]
- 1/4 packed cup of sugars, brown [55 g]

### COOKING METHOD

- 1° Preheat the oven to 375 degrees.
- 2° In a large bowl, combine ground beef, onions, bell peppers, salt, pepper, worcestershire sauce, egg, and breadcrumbs. Mix with your hands or until just combined.
- 3° Pat the meat mixture into a loaf pan that has been lined with parchment paper [easy to remove!].
- 4° Bake for 60 minutes, or until a thermometer registers at least 165 degrees.
- 5° For the topping; mix the brown sugar, molasses, and ketchup together. Pour on top of the meatloaf, and broil for 5 minutes, or until warmed and bubbly.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (165 g)	% DRI
ENERGY	166 kcal	273 kcal	14 %
FAT	5 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	17 %
CHOLESTEROL	49 mg	80 mg	27 %
SODIUM	497 mg	818 mg	34 %
CARBOHYDRATE	19 g	32 g	11 %
SUGARS	16 g	26 g	—
FIBER	1 g	1 g	4 %
PROTEIN	11 g	17 g	—