

# scrumptious meat loaf



National Heart, Lung,  
and Blood Institute

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## Ingredients

1 pound ground beef, extra lean

1/2 cup tomato paste

1/4 cup onion, chopped

1/4 cup green pepper

1/4 cup red pepper

1 cup fresh tomatoes, blanched,  
chopped

1/2 teaspoon mustard, low sodium

1/4 teaspoon ground black pepper

1/2 teaspoon hot pepper, chopped

2 cloves garlic, chopped

2 scallions, chopped

1/2 teaspoon ginger, ground

1/8 teaspoon nutmeg, ground

1 teaspoon orange rind, grated

1/2 teaspoon thyme, crushed

1/4 cup bread crumbs, finely grated

## scrumptious meat loaf

1. Preheat oven to 350°F.
2. Mix all ingredients together.
3. Place in 1-pound loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.

**Yield** 6 servings, **Serving Size** One 1 1/4-inch thick slice, **Calories** 193, **Total Fat** 9g, **Saturated Fat** 3g, **Cholesterol** 45mg, **Sodium** 91mg, **Total Fiber** 2g, **Protein** 17g, **Carbohydrates** 11g, **Potassium** 513mg