Dinner Tonight!

Not Your Mom’s Meatloaf

1 pound extra lean ground beef
1 small onion, chopped
1 1/2 teaspoon salt
1/2 cup tomato sauce
1 cup bread crumbs (or cracker crumbs)
1 egg, beaten
1/4 teaspoon pepper
Dash of Worcestershire sauce

Topping:
- 1/2 cup tomato sauce
- 2 Tablespoons molasses
- 1 cup water
- 2 Tablespoons vinegar

Spray a 9x13 inch baking dish with nonstick cooking spray. Mix beef, onion, salt, tomato sauce, bread crumbs, egg, and pepper. Make into one large island and place in the baking dish. In a separate bowl, mix all topping ingredients and pour over meatloaf. Bake at 350°F for 45-50 minutes or until internal temperature reaches 160°F.

Preparation Time: 20 minutes preparation plus 50 minutes cooking time
Serves: 4-6
Cost Per Serving: $1.75

Nutrition facts per serving
Calories: 195
Total Fat: 8 g
Cholesterol: 49 mg
Sodium: 479 mg
Total Carbohydrate: 14 g
Fiber: 1 g
Protein: 17 g

Serve with potatoes, roasted asparagus, or a green salad.