



Meatloaf

Info:

Makes 4 Servings 270 Calories per Serving

LOW CAL

Ingredients:



- ❖ Cooking Spray
- ❖ 1lb 95% Lean Ground Beef
- ❖ ¼ Cup Egg Beaters (1 Egg)
- ❖ ½ Cup Ketchup
- ❖ 1/3 Cup Breadcrumbs
- ❖ 1 Packet Lipton Onion Soup Mix
- ❖ 1/8 tsp Cayenne Pepper (optional)
- ❖ ½ tsp Oregano
- ❖ ½ tsp Garlic Powder
- ❖ ¼ tsp Pepper
- ❖ ½ tsp Salt

Preparation:



1. Preheat oven to 350°
2. In a large mixing bowl combine dry ingredients (breadcrumbs, onion soup mix, cayenne pepper, oregano, garlic powder, pepper and salt)
3. Add ketchup and egg beaters and mix well
4. Add ground beef and combine
5. Pat the mixture firmly into a 7"x4"x2" pan then turn upside down onto a baking pan (or you can hand form the loaf to those measurements)
6. Bake 45 minutes
7. Serve hot