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August 2005 Recipes

Low-fat Meatloaf

1 lb very lean ground beef (10% or less fat)

1 med. onion and bell pepper chopped

1c old fashioned dry oatmeal

1/4 c eggbeater

salt and pepper to taste

*Italian spices, if desired and I always add
chopped garlic at least IT. I*

*Mix all together in a medium bowl then add from
one to two cups of tomato sauce (canned is fine) to
consistency you desire. Do not use ketchup or sauces with
sugar. Cook at 350 degrees for one hour in any baking dish
or for less time as individual servings in muffin tins. I use a
tomato based sauce (or mushroom) over the meat as it is
served.*

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