



## Mashie-Topped BBQ Meatloaf



1/5th of meatloaf (2 slices, about 3/4 inch thick): 234 calories, 5.5g total fat (2.5g sat fat), 515mg sodium, 21.5g carbs, 3g fiber, 8.5g sugars, 23g protein

**SmartPoints®** value 5\*

**Prep:** 25 minutes    **Cook:** 50 minutes



### Ingredients

#### Meatloaf

- 1 lb. extra-lean ground beef (4% fat or less)
- 3/4 cup finely chopped onion
- 3/4 cup finely chopped green bell pepper
- 1/4 cup whole-wheat panko breadcrumbs
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. each salt and black pepper
- 2 tbsp. chopped fresh cilantro
- 1/4 cup + 2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving

#### Mashies

- 3 cups cauliflower florets (about 1/2 medium head of cauliflower)
- 5 oz. russet potato (about half of a medium potato), peeled and cubed
- 2 tbsp. light sour cream
- 1 tbsp. light whipped butter or light buttery spread
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt
- Dash black pepper

### Directions

Preheat oven to 400 degrees. Spray a 9" X 5" loaf pan with nonstick spray.

In a large bowl, combine all meatloaf ingredients *except* BBQ sauce. Add 1/4 cup BBQ sauce, and mix thoroughly.

Transfer mixture to the loaf pan, and smooth out the top. Evenly top with remaining 2 tbsp. BBQ sauce.

Bake until cooked through, about 50 minutes.

Meanwhile, bring a medium pot of water to a boil. Add cauliflower and potato. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer cauliflower and potato to a medium bowl. Add remaining mashie ingredients. Thoroughly mash and mix.

Carefully transfer meatloaf to a large plate, draining any excess liquid.

Evenly top with mashies, and smooth out the top.

MAKES 5 SERVINGS

**HG Tip:** For extra-creamy mashies, blend them in a blender or food processor until smooth.

**SmartPoints®** value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

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Author: Hungry Girl

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