



## Sloppy Joe Meatloaf



1/5 of recipe: 183 calories, 4.5g total fat (2g sat. fat), 389mg sodium, 11g carbs, 1.5g fiber, 3.5g sugars, 22g protein

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**Prep:** 15 minutes    **Cook:** 50 minutes



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## Ingredients

### Sauce

1/2 cup canned crushed tomatoes  
1 tbsp. tomato paste  
1 tsp. brown sugar  
1 tsp. Worcestershire sauce  
1 tsp. red wine vinegar  
1/2 tsp. garlic powder  
1/2 tsp. onion powder

### Meatloaf

1 lb. raw extra-lean ground beef (at least 95% lean)  
1 cup finely chopped onion  
1/2 cup panko bread crumbs  
1/4 cup (about 2 large) egg whites or liquid egg substitute  
1/2 tsp. salt  
1/4 tsp. black pepper

## Directions

Preheat oven to 400°F. Spray a [9" X 5" loaf pan](#) with nonstick spray.

Combine sauce ingredients in a large bowl. Mix well. Transfer 3 tbsp. of the sauce to a small bowl, and reserve it for topping.

Add meatloaf ingredients to the large bowl. Mix thoroughly.

Transfer meat to the pan, and smooth out the top.

Top with reserved 3 tbsp. sauce. Bake until cooked through, about 50 minutes.

### MAKES 5 SERVINGS

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