



Southwest Meatloaf in a Mug



Entire recipe: 250 calories, 6g total fat (2g sat. fat), 522mg sodium, 20.5g carbs, 3.5g fiber, 2.5g sugars, 27.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 5 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 4 oz. raw extra-lean ground beef (at least 96% lean)
- 2 tbsp. canned black beans, drained and rinsed
- 2 tbsp. frozen sweet corn kernels, thawed
- 2 tbsp. old-fashioned oats
- 2 tbsp. salsa, or more for topping
- 2 tbsp. chopped fresh cilantro, or more for topping
- 1 1/2 tsp. taco seasoning

Directions

Spray a large microwave-safe mug with nonstick spray. Add all ingredients, and mix until uniform. Smooth out the top.

Cover and microwave for 3 1/2 minutes, or until beef is cooked through.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

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

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.