



## 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

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 3\***

**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

[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.