



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

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

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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

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