



Southwestern Meatloaf



1/5th of loaf: 232 calories, 6g total fat (2.5g sat fat), 565mg sodium, 14g carbs, 2.5g fiber, 5g sugars, 28.5g protein

Green Plan [SmartPoints](#)® value 4*

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

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

Prep: 10 minutes **Cook:** 1 hour

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

- 1/2 cup chopped red bell pepper
- 1/2 cup chopped onion
- 1 1/4 lbs. raw extra-lean ground beef (at least 96% lean)
- 3/4 cup canned crushed tomatoes
- 1/4 cup canned black beans, drained and rinsed
- 1/4 cup frozen sweet corn kernels, thawed
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 1/4 cup quick-cooking oats
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. chili powder
- 2 tbsp. ketchup
- 1/4 cup shredded reduced-fat Mexican-blend cheese

Directions

Preheat oven to 400 degrees. Spray a loaf pan with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir bell pepper and onion until softened and lightly browned, 5 - 7 minutes.

Transfer bell pepper and onion to a large bowl, and pat dry. Add all remaining ingredients *except* ketchup and cheese. Mix thoroughly.

Transfer mixture to the loaf pan and evenly top with ketchup. Bake for 45 minutes.

Sprinkle meatloaf with cheese. Bake until loaf is cooked through and cheese has melted, about 5 minutes.

MAKES 5 SERVINGS

[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.