



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

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

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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

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