

# Meatloaf with Veggies

## Ingredients:

Yield: 12 Servings

1 # Ground Chuck (80-90% lean)	1/2 t Salt
1 t Garlic	1/4 t Pepper
1/2 Sweet Onion	1/2 c Ketchup (divided)
1 Carrot	1 t Olive oil
1/2 Bell Pepper	1 Egg
3/4 c Oats	
1/2 cup Frozen or Canned Spinach (drained)	



Directions: Preheat oven to 350 and spray a 12 tin muffin pan. Peel and grate carrot, set aside. Chop onion and bell pepper and sauté in olive oil until browned and soft. Add carrots and cook an extra minute. Combine vegetables, meat, egg, oats and seasoning along with 1/4 cup ketchup and mix well. Drop handfuls into sprayed muffin tins and bake 20 minutes. Spread remaining 1/4 c ketchup over the tops to glaze and bake and additional 10 minutes or until internal temperature reaches 160 F.

Notes: Can substitute Ground turkey for beef or modify spices and veggies.



Recipe by: Elizabeth Michaels, RD, CDE

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**Nutrition Information per serving  
(Per muffin):**

**Calories: 115**

**Fat: 3.5 grams**

**Carbohydrates: 7.5 grams**

**Fiber: 1 grams**

**Protein: 13 grams**

**Sodium: 150 mg**

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