

SCRUMPTIOUS MEAT LOAF

From Stay Young at Heart: National Heart Lung & Blood Institute

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/srmtloaf.htm>

Ingredients

- 1 lb. ground beef, extra lean
- 1/2 cup tomato paste (4 oz.)
- 1/4 cup onion, chopped
- 1/4 cup green peppers
- 1/4 cup red peppers
- 1 cup tomatoes, fresh, blanched, chopped
- 1/2 tsp. mustard, low sodium
- 1/4 tsp. ground black pepper
- 1/2 tsp. hot pepper, chopped
- 2 cloves garlic, chopped
- 2 stalks scallion, chopped
- 1/2 tsp. ginger, ground
- 1/8 nutmeg, ground
- 1 tsp. orange rind, grated
- 1/2 tsp. thyme, crushed
- 1/4 cup bread crumbs, finely grated

Instructions

1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350°F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

Makes six servings [Serving Size: 6 (1-1/4-inch) thick slices]

Nutritional information per serving (6 servings)

Calories 193

Fat 9 g

Saturated fat 3 g

Cholesterol 45 mg

Sodium 91 mg

