



Homestyle Meatloaf

<u>U.S.</u>		<u>Metric</u>
1 lb	Ground Beef	445 g
1 each	Egg	1 each
3/4 cup	Plain Bread Crumbs	85 g
1/2 each	Onion, fine dice	55 g
1/2 each	Green Bell Pepper, fine dice	60 g
1 tsp	Tomato Paste	5 g
2 tsp	Cumin, ground	6 g
1 tsp	Garlic Powder	3 g
1 Tbsp	Parsley, dried	3 g
3/4 tsp	Salt	3.75 g
1/2 tsp	Ground black pepper	2.5 g
1 tbsp	Ketchup	15 g
2 tbsp	Brown sugar	30 g
1 tbsp	Dijon mustard	15 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350 °F / 190 °C.
3. In a large mixing bowl, combine beef, egg, bread crumbs, onion, bell pepper, tomato paste, cumin, garlic, parsley, salt, and pepper. Stir or mix with clean hands until thoroughly combined.
4. Transfer beef mix to a well-greased 5" x 9" loaf pan. Tap pan against counter or table to press out air pockets.
5. In a separate, smaller mixing bowl, combine ketchup, brown sugar, and mustard, and whisk to combine. Pour over top of meatloaf (once in loaf pan).
6. Bake meatloaf for approximately one hour, or until top is golden brown and middle is thoroughly cooked (thermometer reading at or above 165 °F / 74 °C).

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **4 oz slice****Servings** **4****Calories** 270

Calories from Fat 60

Total Fat 7 g

Saturated Fat 3 g

Trans Fat 0 g

Monounsaturated Fat 0.5 g

Cholesterol 115 mg

Sodium 570 mg

Carbohydrates 22 g

Dietary Fiber 1 g

Sugars 9 g

Protein 28 g

Vitamin A 4 %

Calcium 30 %

Vitamin C 4 %

Iron 20 %

Phosphorus 260 mg
