



AMAZING MEATLOAF

PREPARATION: 15 MINUTES

COOKING: 1 HOUR

5 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil**
- 1 cup frozen mixed vegetables**
- 1/2 cup frozen peas**
- 1/2 teaspoon garlic powder**
- 1 teaspoon onion powder**
- 2 teaspoons dried oregano**
- 1 teaspoon dried thyme**
- 2 teaspoons paprika**
- Freshly ground pepper to taste**
- 1 lb lean ground beef**
- 1 egg**
- 1 tablespoon cider vinegar**
- 1/2 cup unsweetened applesauce**
- 1/2 cup no salt added beef broth**
- 2/3 cup uncooked small pasta**
(such as orzo or other tiny soup variety)

Nutrient Analysis

PER SERVING (1/5 of recipe)

Renal exchange:

3 Protein + 1 Starch + 1 Vegetable

Calories	312Kcal
Protein	22g
Carbohydrates	17g
Fibre	3g
Total Fat	14g
Saturated Fat	5g
Cholesterol	93mg
Sodium	169mg
Potassium	457mg
Phosphorus	213mg

PREPARATION

- 1** Preheat oven to 350° F degrees
- 2** Over medium-high heat sauté vegetables in the olive oil for 5 minutes, stirring frequently.
- 3** In a small dish, combine dried spices and add them to the vegetables for the last minute of frying.
- 4** In a bowl, mix together meat, egg, vinegar, applesauce, broth and pasta.
- 5** Add the vegetables to the meat mixture and combine well.
- 6** Lightly coat a 9 x 4 inch loaf pan with cooking spray. Put the meat mixture into the pan and tap it down evenly.
- 7** Bake in oven for 1 hour.

SUGGESTION

Cold meat loaf is delicious on sandwiches!