

# Try it “Tuesdays”

## Mouthwatering Meatloaf

Makes: 6 servings—1/6 of loaf

### Ingredients

1 pound ground beef  
1/2 onion, chopped (about 1/2 cup)  
1 cup grated carrots (about 2 carrots)  
1/2 cup dry quick oats  
1/4 cup nonfat milk  
1 egg  
1/2 teaspoon ground black pepper  
1/4 teaspoon salt  
1/2 cup ketchup, divided (1/4 cup in meatloaf and 1/4 cup in sauce)

### Sauce

2 tablespoons brown sugar or white sugar

### Directions

Preheat oven to 350°F. Mix together the ground beef, onion, carrots, oats, milk, egg, black pepper, salt, and 1/4 cup ketchup. Form the mixture into a loaf and place on broiler pan.\* Bake for 50 minutes. Stir the remaining 1/4 cup ketchup and sugar in a small bowl. Remove meatloaf from oven and spread the sauce over the top and sides of meatloaf. Bake for an additional 10 minutes or until a meat thermometer reads 160°F.

\*You can make a broiler pan by laying a wire cooling rack on top of a jellyroll pan or cake pan. Cover with aluminum foil. Poke holes in the aluminum foil so the meat juice can drain.

For more information, Contact your local EFNEP office

