



# Meat Loaf 101



Where service *and savings* matter.

**SERVINGS:** 10

## INGREDIENTS:

- 4 slices whole wheat bread, torn into small pieces
- 2 lbs lean ground beef
- 1 medium yellow onion, peeled and cut into eighths
- 2 cloves garlic
- 2 stalks celery, cut into 2-inch pieces
- 2 carrots, peeled and cut into 2-inch pieces
- ½ cup flat-leaf parsley leaves
- 1 large egg
- ½ cup unsalted tomato sauce
- 2½ tsp dry mustard
- 1 tsp kosher salt
- 2 tsp freshly ground black pepper
- ¼ cup ketchup
- 1 Tbsp brown sugar

## NUTRITIONALS

Nutritional analysis per serving:  
 calories 180, calories from fat 50,  
 total fat 6g, saturated fat 2g, trans  
 fat 0g, cholesterol 70mg, sodium  
 400mg, total carbohydrate 13g,  
 dietary fiber 2g, sugars 5g, protein  
 20g, vitamin A 50%, vitamin C 15%,  
 calcium 4%, iron 15%

## DIRECTIONS:

1. Heat oven to 375°F. In a medium bowl, mix bread pieces and ground beef.
2. Place onion, garlic, celery, carrots, and parsley in the bowl of a food processor fitted with a steel blade; pulse until fine.
3. Add to meat mixture and mix well. Add egg, tomato sauce, 2 tsp dry mustard, salt, and pepper; combine thoroughly. Place in an 8 ½ x 4 ½ x 2 ½-inch loaf pan.
4. Combine ¼ cup ketchup, remaining ½ tsp dry mustard, and brown sugar in a bowl; stir until smooth.
5. Brush mixture over meatloaf; place in oven with a baking pan set on the rack below to catch drippings. Cook until a meat thermometer inserted in the center reads 160°, about 90 minutes. If top gets too dark, cover with foil, and continue baking.

Source: adapted from Martha Stewart Living

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

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# Shopping List

### PRODUCE:

- 1 medium yellow onion
- 2 cloves garlic
- 2 stalks celery
- 2 carrots
- parsley leaves

### MEAT/POULTRY/SEAFOOD:

- 2 lbs lean ground beef

### WHOLE GRAINS/ BREADS/PASTA:

- 4 slices whole wheat bread

### SPICES/SEASONINGS:

- dry mustard
- ground black pepper

### GROCERY/FROZEN/ MISCELLANEOUS:

- egg
- unsalted tomato sauce
- ketchup
- brown sugar

FOLD