



JUST ENOUGH MEATLOAF



Ingredients:

- 1 Tbsp olive oil
- 1 pkg Just Enough Diced Onion
- 1 pkg Just Enough diced green peppers
- 1 pkg Just Enough diced celery
- 2 clove(s) garlic, minced
- 1/4 cup(s) breadcrumbs
- 1 tsp ketchup
- 1/2 tsp table salt
- 1/2 tsp black pepper
- 2 large egg(s), lightly beaten
- 1 1/4 pound(s) ground beef or uncooked ground turkey breast
- 1 spray(s) cooking spray
- (Glaze)
- 1/2 cup(s) ketchup
- 1 Tbsp unpacked brown sugar
- 1 tsp mustard

Directions:

1. Preheat oven to 350°F.
2. Heat oil in a large nonstick skillet over medium-high heat. Add garlic and "Just Enough" Diced onion, bell pepper, celery; sauté 5-7 minutes. Cool.
3. Combine "Just Enough" mixture, breadcrumbs, ketchup, salt, pepper, and egg, in a large bowl; toss to moisten bread. Mix beef or turkey with mixture until blended.
4. Form meat mixture into a loaf and place in an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350°F for 35 minutes.
5. Combine 1/2 cup ketchup, brown sugar and mustard in a small bowl; stir well.
6. Spread ketchup mixture over meat loaf and bake an additional 5 minutes. Let stand 10 minutes.
7. Remove meat loaf from pan. Serve