



OUR FAVORITE MEATLOAF RECIPE

PREP TIME: 10 minutes

SERVING SIZE: 1 slice

COOK TIME: 50-55 minutes

SERVES: 6

INGREDIENTS

- 1 pound ground beef, 90% lean
- 1 large egg, beaten
- ½ cup of farina hot wheat cereal (such as Cream of Wheat)
- ¼ cup ketchup, divided
- ½ cup chopped onion
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon ground pepper
- 1 teaspoon Worcestershire sauce
- 2 tablespoons water
- Parsley or basil for garnish

PREPARATION

1. Preheat oven to 350°F. Grease an 8x4-inch loaf pan and set aside.
2. In a medium mixing bowl add beaten egg, meat, farina, onion, water, spices, and 2 Tbsp. of the ketchup.
3. Press mixture into the loaf pan.
4. Bake 35 minutes. Spread remaining 2 tablespoons of ketchup over meatloaf. Bake an additional 20 minutes or until cooked through.

SOURCE

<http://www.creamofwheat.com/recipes/index.php?recipe=Meatloaf>

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

6 servings per container
Serving size 1 slice (130g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 320mg	14%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 6mg	35%
Potassium 284mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 1/18
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NUESTRO ROLLO DE CARNE FAVORITO

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: 1 rebanada

TIEMPO PARA COCINAR: 50-55 minutos

PORCIONES: 6

INGREDIENTES

- 1 libra de carne molida, 90% magra
- 1 huevo grande, batido
- ½ taza de cereal farina de trigo (como Crema de Trigo)
- ¼ taza de salsa cátsup, dividida
- ½ taza de cebolla picada
- ¼ cucharadita de sal
- ½ cucharadita de ajo en polvo
- ½ cucharadita de pimienta molida
- 1 cucharadita de salsa Worcestershire
- 2 cucharadas de agua
- Perejil o albahaca para decorar

PREPARACIÓN

1. Precaliente el horno a 350 ° F. Engrase un molde para pan de 8x4 pulgadas y reserve.
2. En un tazón mediano, agregue el huevo batido, la carne, la harina, la cebolla, el agua, las especias y 2 cucharadas de la salsa cátsup.
3. Presione la mezcla en la bandeja de pan.
4. Hornear 35 minutos. Unte las 2 cucharadas restantes de la salsa cátsup encima del rollo de carne. Hornee durante 20 minutos adicionales o hasta que esté cocido.

FUENTE

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