

Spicy Meatloaf

Servings: 8 @ 4 points, 6 pointsplus

Preparation Time | 15 min

Cooking Time | 65 min

Turn up the heat on this zesty meatloaf by adding hot green chilies or chipotle peppers. Or swap the tomato sauce for your favorite hot salsa.

Ingredients:

1 spray(s) cooking spray

1 1/2 pound(s) uncooked lean ground beef (with 7% fat)

1 cup(s) rolled oats

1 medium onion(s), finely chopped

1/2 tsp garlic powder

4 oz canned green chili peppers, mild, diced

1 large egg(s)

1 Tbsp chili powder

2 tsp ground cumin

8 oz canned tomato sauce, divided

Instructions:

Preheat oven to 375°F. Coat a loaf pan with cooking spray. Combine all ingredients, except half of tomato sauce, in a large mixing bowl; set remaining tomato sauce aside. Spoon meatloaf mixture into prepared pan and smooth top. Bake for 60 minutes; spoon remaining sauce over meatloaf and cook 5 minutes more.

Slice into eight pieces. Yields 1 piece per serving.

