

## **Best (smaller) Meat Loaf Ever**

My original meat loaf recipe uses 1 1/2 pounds of ground beef but sometimes that's too much for me. This is the recipe I use when I want to use just one pound of ground beef. I simply reduced all the ingredients by about 1/3.

### **Ingredients:**

1 teaspoon olive oil  
1/3 cup finely chopped onion  
1 clove of garlic, minced  
generous 1/8 teaspoon dried thyme leaves

1/3 cup quick cooking oats  
1/3 cup milk (I use 1% low fat milk)  
3 Tablespoons finely chopped red pepper  
3 Tablespoons finely chopped green pepper  
3 Tablespoons shredded carrot  
1/3 cup ketchup  
1 egg  
3 Tablespoons chopped fresh parsley  
3/4 teaspoon Dijon mustard  
1/4 teaspoon salt & pepper to taste  
1 pound extra lean ground beef

### **Instructions:**

1. Preheat oven to 350°. Line a baking sheet with foil and set aside.
2. In a small pan, sauté the onion, garlic and thyme in oil over medium-high heat for 5 minutes. Set aside to cool.
3. In a large bowl combine all the ingredients, including cooled onion mixture, except the meat. Once it's blended, add the meat by hand but do not overwork it.
4. Place on baking sheet and shape into a 9 by 4-inch loaf. Bake for about 45 minutes or until the center reaches 160°F. Let rest for 10 minutes.