

Jenny's Meat Loaf

If they ever have a meat loaf contest, mine would surely win first prize. This is the best recipe from my first cookbook - everyone who makes it raves about it. Make this healthy recipe exactly as described, don't use a loaf pan, and then wait for the compliments. One more thing: you'd better make some **real** mashed potatoes to go with it... or else!!

1 teaspoon olive oil
1/2 cup chopped onion
2 cloves garlic, minced
1/4 teaspoon dried thyme leaves

1/2 cup quick cooking oats
1/3 cup 1% milk
1/4 cup finely chopped red pepper
1/4 cup finely chopped green pepper
1/4 cup shredded carrot
1/2 cup ketchup
1 egg
1/4 cup chopped fresh parsley
1 teaspoon Dijon mustard
1/2 teaspoon salt
pepper to taste

1 1/2 lb. extra lean ground beef

1. Preheat oven to 350°. Line a baking sheet with foil and set aside.
2. In a small pan, heat the oil on med-hi and sauté the onion, garlic and thyme for 5 minutes, stirring as it browns & 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. On baking sheet, shape into a 9 by 5-inch loaf. Bake for about an hour or until the center reaches 160°. Let rest 10 minutes.