

SERVES 8

Nutrition Facts: 230 calories, 9g fat, 3g saturated fat, 440mg sodium, 10g carbohydrates, 1g fiber, 27g protein

MEATLOAF

Ingredients

1 tablespoon olive oil
2 medium onions, finely diced
2 cloves garlic, minced
1 teaspoon fresh thyme
½ teaspoon salt
1 teaspoon black pepper
3 tablespoons Worcestershire sauce
1 ⅓ cup low-sodium (or unsalted) beef broth
1 tablespoon tomato paste
1 pound lean ground beef (90% lean)
1 pound lean ground turkey (93% lean)
½ cup whole wheat breadcrumbs
1 large egg, beaten
⅓ cup ketchup

Directions

1. Preheat oven to 350°F.
2. In a medium skillet, heat oil over medium-high heat. Add onions, garlic, thyme, salt, and pepper and cook until onions are translucent, about 8 minutes, stirring regularly (do not allow garlic to burn). Cool slightly.
3. In large bowl, combine onion mixture, Worcestershire sauce, beef broth, and tomato paste. Add beef, turkey, bread crumbs, and egg. Combine all ingredients using your hands and shape into a rectangular loaf onto baking sheet covered with parchment paper. Spread ketchup over the top.
4. Bake 70–80 minutes, until internal temperature is 165°F. Allow to cool slightly, about 5 minutes. Slice into 8 equal pieces and serve warm.