

# Meat Loaf

## Ingredients

- 1/2 cup water
- 1/4 cup lentils
- 8 oz lean ground beef
- 3-1/2 tbsp 1% milk
- 1 large egg
- 1/4 cup quick rolled oats
- 2 tbsp tomato paste, no salt added
- 1-1/2 tbsp mustard
- 1-1/2 tsp parsley
- 1 tsp garlic, minced
- 1 tsp onions, chopped
- 1/8 tsp celery seed
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 1/2 cup shredded mozzarella cheese, low fat
- 1/4 cup ketchup, low sodium

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 284 calories, 14.24 g fat, 5.63 g saturated fat, 367 mg sodium, 19.72 g carbohydrate, 2.59 g fiber, 5.7 g sugar, 19.12 g protein

## Directions

1. Rinse and drain lentils. In a 9 x 13 inch pan, add lentils and water. Cover with foil and bake at 400° F for 45 minutes.
2. In a mixer, add ground beef, milk, egg, oats, tomato paste, mustard, parsley, garlic, onions, celery seed, salt, and pepper. Mix until all ingredients are incorporated. Do not over mix.
3. Add cooked lentils to the ground beef mixture and mix lightly. Lentils should stay whole.
4. Place 1/2 cup of meat mixture on a baking sheet at a time and flatten into a patty. Repeat until all mixture has been used. Bake in a 400° F oven for 25 minutes or until the internal temperature reaches 165° F.
5. To serve, place one patty on a plate and garnish with cheese and 1 tsp of ketchup.