

# scrumptious meat loaf

## Ingredients

1 pound ground beef, extra lean  
1/2 cup tomato paste  
1/4 cup onion, chopped  
1/4 cup green pepper  
1/4 cup red pepper  
1 cup fresh tomatoes, blanched,  
chopped  
1/2 teaspoon mustard,  
low sodium  
1/4 teaspoon ground black  
pepper  
1/2 teaspoon hot pepper,  
chopped  
2 cloves garlic, chopped  
2 scallions, chopped  
1/2 teaspoon ginger, ground  
1/8 teaspoon nutmeg, ground  
1 teaspoon orange rind, grated  
1/2 teaspoon thyme, crushed  
1/4 cup bread crumbs, finely  
grated



1. Preheat oven to 350°F.
2. Mix all ingredients together.
3. Place in 1-pound loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.

**Yield** 6 servings, **Serving Size** One 1 1/4-inch thick slice, **Calories** 193, **Total Fat** 9g, **Saturated Fat** 3g, **Cholesterol** 45mg, **Sodium** 91mg, **Total Fiber** 2g, **Protein** 17g, **Carbohydrates** 11g, **Potassium** 513mg



National Heart, Lung,  
and Blood Institute