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