



TRADITIONAL MEATLOAF

Serves 6

NUTRITION INFORMATION PER SERVING

**(WITHOUT GLAZE): 345 CALORIES,
43 G CARBOHYDRATE, 15 G FAT, 16 G PROTEIN**

1 ½ lb ground beef (85/15)

½ cup onion, diced

2 jalapenos, minced

2 cloves garlic, minced

1 Tbsp mustard

1 Tbsp chipotle Tabasco

¾ cup rolled oats

¼ cup ketchup

¼ cup BBQ sauce

1 egg

black pepper, to taste

Optional glaze: BBQ sauce

DIRECTIONS:

1. Combine all ingredients in a bowl and mix with hands until well combined.
2. Form into a loaf on a foil-lined baking sheet.
3. Bake at 350 degrees for 45-50 minutes or until loaf reaches a temperature of 165.
4. Let stand 10 minutes before slicing.
5. Optional: Brush with BBQ sauce after removing from the oven.