

Everyday Meat Loaf

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Servings: 6

Preparation Time: 25 minutes

Bake Time: 1 hour 15 minutes

1 egg, lightly beaten
1/2 cup cooked rolled oats
1/2 medium onion, finely chopped
2 tablespoons beef or chicken broth
1/2 cup fine dry bread crumbs
2 teaspoons snipped fresh oregano
1 teaspoon snipped fresh parsley
2 tablespoons Parmesan cheese, grated
2 cloves garlic, minced
1/4 teaspoon salt
1 pound lean ground beef
3/4 pound ground turkey
1/4 pound ground pork
1/4 cup ketchup
1 tablespoon balsamic vinegar
1 teaspoon brown sugar
fresh tomatoes, chopped

Preheat the oven to 350 degrees.

Line the bottom of a 9x5x3-inch loaf pan with parchment paper or foil. Set aside.

In a large bowl, combine the egg, oats, onion, broth, bread crumbs, oregano, parsley, Parmesan cheese, garlic and salt.

Add the beef, turkey and pork. Mix lightly to combine.

Spoon the mixture into the prepared baking pan, spreading out evenly.

Bake for 1 hour. Carefully spoon or pour off fat.

In a bowl, stir together the ketchup, vinegar and brown sugar to form a Balsamic Glaze.

Spread the Balsamic Glaze over the meat loaf in the baking pan.

Bake 15 to 20 minutes more until an instant read thermometer registers 165 degrees.

Let the meat loaf stand for 10 minutes before slicing.

Sprinkle serving with the chopped fresh tomatoes.

Per Serving (excluding unknown items): 384 Calories; 26g Fat (62.0% calories from fat); 29g Protein; 7g Carbohydrate; 1g Dietary Fiber; 152mg Cholesterol; 367mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.