

Beef

Greek Meat Loaves

Taste of Home

Servings: 12

Preparation Time: 20 minutes

Bake Time: 50 minutes

2 eggs, beaten

1/2 cup ketchup

1/4 cup 2% milk

1 large red onion, finely chopped

3/4 cup quick cooking oats

1/3 cup oil-packed sun-dried tomatoes, patted dry and finely chopped

1/3 cup pitted Greek olives, chopped

2 garlic cloves, minced

1 teaspoon salt

1 teaspoon pepper

2 pounds lean ground beef (90%)

1/2 cup crumbled Feta cheese

Preheat oven to 350 degrees.

In a large bowl, combine the first 10 ingredients. Crumble beef over mixture and mix well. Pat into two greased 8-in x 4-in loaf pans.

Bake, uncovered, for 50-60 minutes or until no pink remains and a meat thermometer reads 160 degrees.

Let stand for 5 minutes. Transfer to a serving plate; sprinkle with Feta cheese.

Per Serving (excluding unknown items): 67 Calories; 3g Fat (34.3% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 381mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.