

Sunday Supper Meatloaf with Roasted Vegetables

Pepsico

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Servings: 6

1 1/2 pounds lean ground beef
3/4 cup quick- or old-fashioned oats
3/4 cup finely chopped onion
1/2 cup chili sauce or ketchup
1 tablespoon Worcestershire sauce
2 cloves garlic, minced
1 teaspoon dried thyme leaves
3/4 teaspoon black pepper
1/2 teaspoon salt (optional)
VEGETABLES
2 tablespoons olive oil
2 cloves garlic, minced
3/4 teaspoon dried thyme leaves
1/2 teaspoon salt (optional)
1/4 teaspoon black pepper
1 1/2 medium red potatoes, quartered
1 pound carrots, cut diagonally into 3/4-inch pieces

Preparation Time: 10 minutes

Cook Time: 50 minutes

Preheat the oven to 350 degrees.

For the roasted vegetables: combine the oil, garlic, thyme, salt and pepper in a large bowl. Add the vegetables. Toss to coat.

Spoon the vegetables into a 15x10-inch jelly roll pan, spreading in an even layer. Set aside.

For the meatloaf: In a bowl, combine the ground beef, oats, onion, chili sauce, Worcestershire, garlic, dried thyme, pepper and salt. Mix lightly but thoroughly.

On a rack in a broiler pan, shape the beef mixture into an 8x4-inch loaf. Place the meatloaf on the upper oven rack. Place the vegetables on the rack below.

Bake 50 to 55 minutes to medium doneness (160 degrees); until not pink in the center and the juices show no pink color and the vegetables are tender.

Let the meatloaf stand 5 minutes before slicing. Serve with the vegetables.

Per Serving (excluding unknown items): 397 Calories; 28g Fat (64.5% calories from fat); 22g Protein; 13g Carbohydrate; 3g Dietary Fiber; 85mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 4 Fat; 0 Other Carbohydrates.