Meat Loaf

From: **Pulse Canada**

Nutrition Facts

¼ pan

Amount	% Daily Value
Energy 442 kcal	
Fat 15 g	23%
Saturated Fat 6 g	30%
Sodium 828 mg	35%
Carbohydrates 38 g	13%
Fibre 3 g	12%
Potassium 812 mg	23%
Protein 38 g	
Folate 106 mcg	
Calcium 90 mg	
Iron 7 mg	

Ingredient List

1	can (8oz) tomato sauce	**1**
1/4 c	packed brown sugar	**50 mL**
1 tsp	dry mustard	**5 mL**
1/2 tsp	chili powder	**2 mL**
1/4 tsp	ground cloves	**1 mL**
1	garlic clove, minced	**1**
1 tbsp	gluten-free worcestershire sauce	**15 mL**
1	large egg, beaten	**1**
1/2 c	bean puree	**125 mL**
1/2 c	gluten-free bread crumbs	**125 mL**
1 tbsp	dried minced onion	**15 mL**
1/2 tsp	table salt	**2 mL**
1/4 tsp	black pepper	**1 mL**
1 lb	extra-lean ground beef	**450 g**

Directions

PREPARATION TIME: 10 MIN. / COOKING TIME: 40 TO 45 MIN.

1. Preheat oven to 350ºF (180ºC). Lightly grease an 8x8-inch square pan. In a small bowl, whisk together the tomato sauce, sugar, mustard, chilli powder, cloves, garlic and worcestershire sauce until well blended.

2. In a large bowl, whisk together half of the tomato mixture, the egg, lentil or bean purée, bread crumbs, onion, salt and pepper until well blended. Add the ground beef and mix with a spatula or with your hands until well blended. Place the mixture in the pan and spread the remaining tomato mixture on top.

3. Bake until nicely browned or until an instant-read thermometer registers 165ºF (74ºC) degrees when inserted into the center of the loaf, about 40 to 45 minutes.

Serve Immediately

Serves 4