



Healthy Dad Recipes

HEALTHY MEATLOAF

Yield: 4 servings

Ingredients:

1 pound (450 g) lean ground beef
1 cup breadcrumbs
1 small onion grated
1 carrot grated
2 tbsp tomato sauce
1 egg beaten lightly
¼ cup BBQ sauce



Instructions:

- Preheat oven to 350°F.
- Place ground beef, breadcrumbs, onion, carrot, tomato sauce and parsley in a large bowl. With clean hands, mix until well combined.
- Pack mixture in a 9 x 5 loaf pan.
- Bake 25 – 30 minutes.
- Spoon BBQ sauce over meatloaf and cook for another 10 minutes or until top is glazed.
- Cool for 5 minutes and serve with vegetables.

Nutritional Facts:

1 serving: 429 calories, 10 g fat (4.1 g saturated), 43 g carbohydrate, 545 mg sodium 9.6 g fibre, 34 g protein.

Recipe courtesy of taste.com.au