MEATLOAF

INGREDIENTS  Serves: 7  |  Serving Size: 1 slice

- no salt added pinto beans 1 - 15 oz can, drained
- lean ground beef or turkey 1 pound
- eggs 2 each
- Italian seasoning 1 teaspoon
- spaghetti sauce 1 - 15 oz can
- quick rolled oats 2 cups
- onion 1/2 medium
- red bell pepper 1 medium
- zucchini 1 small

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1. PREHEAT OVEN

Preheat oven to 350 degrees F, and lightly oil a 9 x 13 casserole pan.

2. MASH BEANS

In a large bowl, mash the pinto beans using a fork or a potato masher.

3. CHOP VEGETABLES

Dice bell pepper and onion.

4. GRATE ZUCCHINI

Grate the zucchini using a box grater or the grating attachments of a food processor.

5. MIX INGREDIENTS

Add meat, eggs, oats, seasoning, vegetables, and 1 cup of pasta sauce to bean bowl. Mix well.

6. SHAPE AND BAKE

Put mixture in pan and shape into a loaf. Cover with \( \frac{1}{2} \) of the remaining sauce and bake for 50 minutes, or until internal temperature reaches 160 degrees F. Pour remaining sauce over loaf and bake an additional 10 minutes. Slice into 7 servings.

**NUTRITION INFORMATION**

<table>
<thead>
<tr>
<th>Calories: 310</th>
<th>Total Carbohydrate: 38g</th>
<th>Protein: 24g</th>
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<tbody>
<tr>
<td>Total Fat: 9g</td>
<td>Dietary Fiber: 3g</td>
<td>Sodium: 460mg</td>
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