

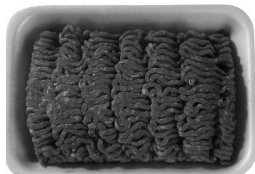
MEATLOAF



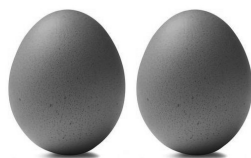
INGREDIENTS Serves: 7 | Serving Size: 1 slice



**no salt added
pinto beans**
1 - 15 oz can,
drained



**lean ground
beef or turkey**
1 pound



eggs
2 each



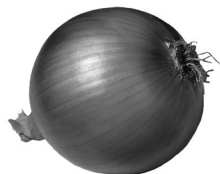
Italian seasoning
1 teaspoon



spaghetti sauce
1 - 15 oz can



quick rolled oats
2 cups



onion
1/2 medium



red bell pepper
1 medium



zucchini
1 small

INSTRUCTIONS

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

Calories: 310

Total Carbohydrate: 38g

Protein: 24g

Total Fat: 9g

Dietary Fiber: 3g

Sodium: 460mg

LOWCOUNTRY FOOD BANK

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.
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