

PREPARATION: 20 MINUTES

COOKING: 1 HOUR

SERVING: 6

AMAZING MEATLOAF



Nutrient Analysis

PER SERVING: 1/6 of recipe

RENAL EXCHANGE: 4 Lean meat + 1 Vegetable

| | | | |
|--------------------|----------|------------|--------|
| Calories | 247 Kcal | Sodium | 90 mg |
| Protein | 30 g | Potassium | 393 mg |
| Total Carbohydrate | 17 g | Phosphorus | 207 mg |
| Fiber | 3 g | Calcium | 40 mg |
| Sugars | 4 g | Iron | 3 mg |
| Fat | 11 g | Magnesium | 35 mg |
| Saturated | 4 g | Vitamin C | 4 mg |
| Cholesterol | 80 mg | | |

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
 Dialysis
 Transplant

AMAZING MEATLOAF

INGREDIENTS

1 tablespoon olive oil

1 cup frozen mixed vegetables

½ cup frozen peas

½ teaspoon garlic powder

1 teaspoon onion powder

2 teaspoons dried oregano

1 teaspoon dried thyme

2 teaspoons paprika

Freshly ground pepper to taste

1 lb lean ground beef

1 egg

1 tablespoon cider vinegar

½ cup unsweetened applesauce

½ cup no salt added beef broth

⅔ cup uncooked small pasta
(such as orzo or other tiny soup
variety)

PREPARATION

- 1 Preheat oven to 350°F degrees (conventional oven).
- 2 Over medium-high heat sauté vegetables in the olive oil for 5 minutes, stirring frequently.
- 3 In a small dish, combine dried spices and add them to the vegetables for the last minute of frying.
- 4 In a bowl, mix together meat, egg, vinegar, applesauce, broth and pasta.
- 5 Add the vegetables to the meat mixture and combine well.
- 6 Lightly coat a 9 × 5 inch loaf pan with cooking spray. Put the meat mixture into the pan and tap it down evenly.
- 7 Bake in oven for 1 hour.

SUGGESTION

✓ *Cold meat loaf is delicious on sandwiches!*



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