

# Jan's Meatloaf



## Ingredients:

- 1/2 cup Ricotta cheese
- 1 egg
- 3 Tablespoons tomato sauce (use 'sugar free' or low sugar if available)
- 2 Tablespoons chopped onion
- 2 Tablespoons chopped green capsicums
- 10 whole wheat biscuits, crushed
- 1/2 teaspoon garlic salt
- 1/2 teaspoon ground pepper
- 450 grams extra lean beef mincemeat

## Instructions:

1. In a large bowl, combine all ingredients except mincemeat and mix well.
2. Add mincemeat and mix until all ingredients are combined.
3. Spray meatloaf tin with oil
4. Press into a 9" x 5" meatloaf pan.
5. Bake at 190°C for 35 minutes.
6. Remove from oven and drain.
7. Cook an additional 5 minutes.
8. Let stand 10 minutes before serving.

Makes 12 servings.

## Per serving:

168 calories, 16 grams protein, 3 grams carbohydrate, 9 grams total fat, 0.5 grams fiber

190mg; Total Carbohydrates 27gm; Dietary Fiber 2 gm; Protein 29gm.