

Favorite Meatloaf

This meatloaf get a nutrition boost from pureed veggies. It's a simple, satisfying spin on a classic that comes together quickly and is perfect for leftovers. The best part is you can adapt it with whatever veggie you have on hand.

Ingredients:

- 2 pounds lean ground beef
- 1 egg, beaten
- ¼ cup milk
- 1 cup plain oatmeal
- ¼ cup ketchup or tomato sauce
- ¼ tsp salt
- ¼ tsp pepper
- 1 medium onion, finely chopped
- ½ cup broccoli puree
- ½ cup carrot puree

Directions:

- Preheat oven to 350°.
- In a large bowl, mix all ingredients. Press mixture into a large, greased casserole dish.
- Bake uncovered until the internal temperature reaches 165° and it is no longer pink in the middle (about 45-50 minutes for a large loaf pan). Cooking times will vary based on size of baking dish and thickness of meatloaf.

Makes 8 servings

Making Veggie Purees:

1. Wash, peel, and dice the vegetables you want to puree. You can even buy frozen vegetables.
2. Place them in a steamer basket and cook until they are soft.
3. Add vegetables to a food processor or blender and blend until smooth. Add a bit of the cooking water to get a smoother texture if needed. If you don't a blender or food processor, mashing with a potato masher or fork will work too.

