

Meat Loaf-Low Sodium

Servings: 4-6 servings

Prep Time: 10 minutes

Cook Time: 55 minutes

Ingredients

- Olive oil cooking spray
- 1/3 cup low-sodium ketchup
- 2 tbsp brown sugar
- 2 tsp dry mustard
- 1 lb lean ground beef (sirloin if possible)
- ½ cup low-sodium pln fresh breadcrumbs
- ¼ cup Dash Garlic & Herb Seasoning Blend
- ½ cup finely chopped onions
- ½ cup egg substitute or 2 small beaten eggs

Instructions

- Preheat oven to 350 degrees and lightly spray a 9X12 baking dish or 8X4 in loaf pan with cooking spray
- In a small bowl or cup, whisk together the ketchup, brown sugar, and mustard, mixing until well blended.
- In a large mixing bowl, spoon in ½ of the ketchup mixture and combine with the breadcrumbs, Dash seasoning, onions, and eggs.
- Add the ground beef and combine well
- Put the meat mixture into the prepared pan.
 - If using a baking dish, form the meat mixture into a “bread loaf” that is about 8 inches by 4-5 inches.
 - If using a loaf pan, then spread the meat mixture evenly
- Place into the oven and bake for 40 minutes
- After 40 minutes, remove from the oven and spread the remaining ketchup mixture over the top and sides of the meatloaf (like icing a cake)
- Return the loaf to the oven and bake for an additional 10 minutes or when it reaches an internal temperature of 150 degrees F.

Remove from the oven and let the meatloaf stand for 5 minutes before slicing and serving.

I like to serve with favorite side dish(es) like mashed or baked potatoes, mac & cheese, buttered corn, green beans, etc.
