



Meatloaf (FDD)

Makes: 6 Servings

This meatloaf is very moist and simple to make for lunch or dinner. Serve with vegetables, rice, pasta, or potatoes, or slice to make sandwiches.

Ingredients

1 pound ground beef

1 can low-sodium cream style corn (about 15 ounces)

1/2 cup onion (diced)

1 teaspoon garlic (finely chopped)

1/2 cup water

1/2 cup cornmeal

Nutrition Information

Nutrients	Amount
Calories	292
Total Fat	14 g
Saturated Fat	5 g
Cholesterol	104 mg
Sodium	262 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

2 tablespoons egg mix

1/4 teaspoon salt

1/4 teaspoon black pepper

nonstick cooking spray

Directions

1. Preheat oven to 375 degrees F.
2. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
3. Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
4. Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
5. Use a large iron skillet or loaf pan. Spray pan with nonstick cooking spray. Form beef and cornmeal mixture into a loaf in a pan.
6. Cover pan with an oven-safe lid or foil and bake for 35 to 40 minutes.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

Source: A Harvest of Recipes with USDA Foods