





## Fiesta Meatloaf

- Ingredients:**
- 1 pound lean ground beef
  - ½ cup diced green bell pepper
  - ¾ cup quick oats, uncooked
  - ¼ cup finely chopped onion
  - 1 teaspoon cayenne pepper
  - 2 eggs
  - ½ teaspoon salt
  - ½ cup salsa, divided



**Shopping List:**

- ground beef
- green bell pepper
- oats
- onion
- cayenne pepper
- eggs
- salt
- salsa
- nonstick cooking spray

- Equipment:**
- medium bowl
  - mixing spoon
  - measuring cup and spoons
  - cutting board
  - knife
  - loaf pan
  - meat thermometer
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**Directions:**

1. Heat oven to 350°F.
2. In a large bowl, combine beef, oats, eggs, ¼ cup salsa, green pepper, onion, cayenne, and salt.
3. Shape mixture into a loaf.
4. Place loaf in a loaf pan lightly coated with nonstick cooking spray.
5. Bake for 1 hour or until meat thermometer reads 160°F.

This recipe takes 10 minutes plus 1 hour to bake. Makes 4 servings at about \$1.75 per serving.  
 Variation: For a less spicy meatloaf, substitute ½ cup ketchup or tomato sauce for the salsa. A bag of frozen peppers and onions can be substituted for fresh.



- Nutrition Notes:**
- Chop means to cut food into small pieces. The pieces are larger than diced or minced foods. The food does not need to be cut all the same size. Some food items that are often chopped include onions and celery.
1. Trim the peel and stem if needed
  2. Hold the tip of the knife on the cutting board and rock the blade back and forth. Repeat this motion a few times.
  3. Be sure to curl fingers in and use your finger tips when moving the food item.

<b>Nutrition Facts</b>	
Serving Size 4 ounces of meatloaf	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 300</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 150mg	<b>49%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 2g	
<b>Protein</b> 29g	
Vitamin A 15%	• Vitamin C 35%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	