



Momma39s Healthy Meatloaf

Jacob · 28/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

4

Description

This healthy meatloaf recipe is a simplified version of a family favorite

Ingredients

- - cooking spray - 1 tablespoon olive oil - 1 green bell pepper
- diced - $\frac{1}{2}$ cup diced sweet onion - $\frac{1}{2}$ teaspoon minced garlic - 1 pound extra-lean (95%) ground beef - 1 cup whole wheat bread crumbs - $\frac{3}{4}$ cup shredded carrot - $\frac{3}{4}$ cup shredded zucchini - 2 large eggs - salt and ground black pepper to taste - $\frac{1}{4}$ cup ketchup
- or to taste

Instructions

1. Gather the ingredients. Preheat the oven to 400 degrees F (200 degrees C). Coat a 9x5-inch loaf pan with cooking spray. Heat olive oil in a large skillet over medium heat; cook and stir bell pepper and onion in hot oil until onion is translucent and bell pepper is softened
2. 5 to 10 minutes. Add garlic and cook until fragrant
3. 1 to 2 minutes. Remove the skillet from heat. Combine ground beef
4. bread crumbs
5. carrot
6. zucchini
7. eggs
8. salt
9. pepper
10. and bell pepper mixture in a large bowl; mix well using your hands. Press mixture into the prepared loaf pan. Bake in the preheated oven until no longer pink in the center
11. 35 to 40 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Spread ketchup over meatloaf and continue baking until bubbling
12. about 5 minutes more.