

**Fall Comfort Food! Classic Meat Loaf & Simple Tossed Salad** ~ choose one side item to complete your meal

**Classic Meat Loaf**

8 servings

1 lb	Ground beef, 80% lean	1 tsp	Dried thyme
1 large	Egg	½ tsp	Garlic powder
½ cup	Plain bread crumbs, dry	½ cup	Plain bread crumbs,
1 small	Onion, chopped		dry
1 tsp	Salt	1 Tbsp	Brown sugar
½ tsp	Black pepper	1 tsp	Dry mustard
2 tsp	Worcestershire Sauce	8 oz can	Tomato sauce



Preheat oven to 350 degrees. Combine all ingredients except tomato sauce in a large mixing bowl. Form meat mixture into the shape of a loaf. Place meat into a 9 x 5 x 3 inch loaf pan or on a baking sheet with sides. Spread tomato sauce over top of the uncooked meat loaf. Bake, uncovered, for 1 ¼ hours or until temperature reaches 160 degrees when tested with a meat thermometer.

**80% Lean ground beef on sale**

**Fresh sweet onion on sale**

**Fresh bagged salad on sale**

**Fresh tomatoes on sale**

**Fresh baby carrots on sale**

**Reduced fat mayonnaise**

**Beef Recipe Nutrition per serving**

161 calories; 13 gm protein; 11 gm carbohydrate; 8 gm total fat; 3 gm saturated fat; 0 trans fat; 61 mg cholesterol; 1 gm fiber; 557 mg sodium

**To Make Simple Tossed Salad:** Place about one cup of bagged salad greens on each salad plate. Top with cut-up tomatoes, sweet onions, and baby carrots. Dress with a little oil and vinegar or reduced fat mayonnaise.

**Side Items:**

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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