

Sweet and Sour Meatloaf

This is one of my favorite recipes to prepare and it is the ultimate comfort food. You can either make into a traditional loaf, or you can shape in to 12 balls and place in a muffin tin for mini-loafs.

- 1 egg lightly beaten
- 5, Tbsp. ketchup, divided
- 2 Tbsp. prepared mustard
- 1/2 cup dry bread crumbs
- 1 Tbsp onion powder
- 1/4 tsp. pepper
- 1 lb extra lean ground beef (or ground turkey)
- 2 Tbsp sugar
- 1 Tbsp. brown sugar
- 1 Tbsp. cider vinegar

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 6	
Amount Per Serving	
Calories 193	Calories from Fat 36
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 81mg	27%
Sodium 318mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 3.5g	14%
Sugars 9g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

In a large bowl, combine the egg, 2 Tbsp. ketchup, mustard, bread crumbs, onion powder, pepper, and ground beef. Shape in to a loaf and place in a dish. Bake in oven at 350 °F for 45 minutes or until meat thermometer registers 160°F.

In a small bowl, combine remaining ketchup, sugars, and vinegar. Drizzle over meat and bake another 5 minutes or until sauce is heated well.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?

Visit the Family Dinner Project website at <http://thefamilydinnerproject.org> for conversation starters. Mix is up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

