

# Sassy Meat Loaf

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Weight Watchers' recipe - 4 points per serving

Ingredients
<ul style="list-style-type: none"><li>• 1 lb lean ground beef</li><li>• 1 1/4 cup low sodium salsa</li><li>• 3/4 cup quick cooking oatmeal</li><li>• 1 carrot, shredded</li><li>• 2 plum tomatoes, diced</li><li>• 1/2 cup coarsely chopped mushrooms</li></ul>

## Directions

1. Preheat oven to 350 degrees. Spray loaf pan with nonstick cooking spray.
2. In large bowl, combine beef, salsa, oatmeal, carrot, tomatoes, and mushrooms. Shape mixture into loaf.
3. Place loaf in pan. Bake until browned and knife inserted in center comes out clean and hot. (about 1 hour 5 minutes) Let stand 10 minutes before slicing.

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