

Old-fashioned Meat Loaf

Add a side dish of mashed potatoes or steamed carrots and you have the perfect comfort food meal—no gluten necessary!

WHAT YOU NEED

- ⅔ cup Corn Chex®
- 1½ pounds ground beef
- 1 cup cooked white or brown rice
- 2 eggs
- 3 tablespoons gluten-free ketchup such as Heinz® Tomato Ketchup
- 1 teaspoon dried parsley
- 1 teaspoon finely chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup gluten-free ketchup such as Heinz® Tomato Ketchup
- 2 tablespoons packed brown sugar

TO MAKE THE RECIPE

- 1 Place the Corn Chex in a plastic bag. Use a rolling pin to crush the cereal. See Photo A. Set aside.
- 2 In a large bowl combine ground beef, rice, eggs, 3 tablespoons ketchup, parsley, onion, salt, and pepper. Add crushed cereal. Mix well. See Photo B.



- 3 Shape the meat mixture into 2 small loaves. Place on a baking sheet. See Photo C.
- 4 In a small bowl mix ⅓ cup ketchup and brown sugar. Spoon half of the mixture over each loaf. See Photo D. Bake for 45 minutes. Serves 6.

Nutritional Analysis:

230 calories, 7g fat, 2g saturated fat, 130mg cholesterol, 18g carbohydrate, 0g fiber, 25g protein



A



B



C



D