



# Meatloaf with Veggies and Quinoa



## Ingredients



- 1/2 onion, diced
- 2 garlic cloves, minced
- 1/2 large carrot, diced
- 1/2 celery stalk diced
- 1 1/2 cup spinach
- 1 egg, lightly beaten
- 1 pound lean ground meat (turkey or chicken)
- 3/4 cup quinoa cooked then cooled
- 1/2 cup lentils-cooked
- Salt and pepper to taste
- 1 cup ketchup
- 1/2 cup mustard
- 1/2 cup brown sugar
- 2 T soy sauce
- 1 T Worcester sauce



## Directions

1. Preheat oven to 425 degrees. Dice all veggies and sauté the onions, carrots, and celery in a little olive oil until tender
2. Add the chopped spinach and cook about 5 more minutes. Transfer to a large bowl
3. Add the egg, ground beef, quinoa, veggies and mix gently with your hands
4. Scrape the mixture onto a baking pan and form into a loaf
5. In a separate bowl, mix together ketchup, mustard, brown sugar, soy sauce and Worcester sauce. Pour mixture over top of the loaf and bake about 40-50 minutes. You could also add about 1/4 cup of the sauce to the meatloaf when mixing it
6. While it is cooking, add a can or two of beef stock to the bottom of the pan and later make gravy with this

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# Fast Facts



This Recipe Provides



Protein



Iron



Vitamin A

Cooking Tips



- Add any vegetables you like that you may have on hand
- Frozen vegetables are an easy add for this recipe

Nutrition Facts



8 servings per container	
<b>Serving size</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.8g	9%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>24%</b>
<b>Sodium</b> 650mg	<b>28%</b>
<b>Total Carbohydrate</b> 34g	<b>13%</b>
Dietary Fiber 4g	15%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 25g	<b>50%</b>
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 13.32mg	70%
Potassium 0mg	0%
Vitamin A	30%
Vitamin C	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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