

Mexican Meatloaf

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 1 hour minutes

Serves: 8 or more

CChints: Check the fat content of the ground beef you purchase. You want to make sure it is lean. Sometimes ground turkey can have just a much fat as a not so lean ground beef. Read the packaging carefully.



2 pounds lean ground beef
1.5 ounce package Taco Seasoning mix
1 medium onion, diced
1/2 cup red bell pepper, diced
1 cup Stuffing Mix, Cornbread flavor
1/2 teaspoon salt and dash of pepper
1/2 cup water
2 eggs, beaten or 1/2 cup liquid egg substitute
1/3 cup ketchup
1/3 cup of your favorite salsa
14.5 ounce can Petite Diced tomatoes
Toppings: 4 diced green onions, green parts only
6 ounce can of pitted black olives, drained
1 cup reduced fat sour cream
Optional: extra sauce for serving or catsup
Serve with side dishes of a tossed salad and/or a vegetable

Preheat oven to 400 degree F. For easy clean up line a 9x13 baking pan with one piece of heavy duty foil that covers both ends and goes up the sides of the pan. Crimp the foil over the top edges of the pan.

In a large mixing bowl, combine the ground beef through the eggs. Combine the ketchup, tomatoes and salsa in a bowl. Pour 1/2 cup of this mixture into the meatloaf. Your hands work great to blend everything together but a good stir spoon will work, too. Divide the meat mixture in half to make 2 loaves. Pour half the mixture into the pan and shape the loaf at one end of the pan to about 5x9 inches and 2 inches high. Then do the same with the remaining meat at the other end of the pan. Push each loaf about 1/2 inch away from the pan sides and ends. Spread 1/2 cup of the remaining sauce over the top of each loaf and bake for 1 hour. Save the rest of the sauce for the meal. During this time, prepare your toppings and side dishes, set the table and do a little kitchen clean up.

Remove the pan from the oven when the internal temperature is 160 F by inserting a meat thermometer. If the meatloaf is done let stand for 5 minutes or put it back in the oven for 5 minutes until it is done. Carefully spoon out the excess fatty juices. Gently slide a spatula under a loaf, being careful not to dig into the foil. Transfer it to a serving platter and slice into serving size pieces. Top with extra sauce and toppings after slices are put on individual plates.

You can do the same with the other loaf or take it out of the pan and put in an air-tight container or wrap well in a new piece of foil. Refrigerate when it has cooled down. This one can be eaten for dinner in a night or two or sliced and made into meatloaf sandwiches.

Carolelicious!