

## Tradition with a Twist Meatloaf

### ***Ingredients:***

1 pound of 90% lean ground beef

¾ cup 40% bran flakes

1 cup shredded carrot

½ cup chopped onion

3 tablespoons vegetable cocktail  
juice

2 egg whites

2 tablespoons flour

2 tablespoons chopped fresh  
parsley

½ teaspoon pepper

¼ teaspoon salt

¼ tsp beef-flavored bouillon  
granules

1/8 teaspoon dry mustard

½ teaspoon dried marjoram leaves,  
divided

3 tablespoon no-salt-added catsup

***Directions:***

Combine first 12 ingredients and ¼ tsp marjoram in a bowl, mix well. Shape into a loaf, and place in a glass loaf pan sprayed with cooking spray. Combine catsup and remaining ¼ tsp marjoram. Spread catsup mixture over meatloaf. Bake meat loaf at 350° for 1 hour and 15 minutes. Let stand in pan 10 minutes. Cut into 6 servings.

Yield: 6 servings (serving size 1/6th of meatloaf)

*One serving provides 188 calories, 7 grams fat (3 grams saturated), 49 milligrams cholesterol, 285 milligrams sodium, 9 grams carbohydrate, 2 grams fiber, and 17 grams protein.*