

MEATLOAF



INGREDIENTS:

Meatloaf

- 1 lb lean (at least 80%) ground beef
- ¼ cup finely chopped onion*
- 1 lb chopped frozen spinach (thawed and drained)
- 2 eggs, beaten
- 1 cup plain breadcrumbs
- 1 teaspoon Italian seasoning
- ½ cup ketchup
- 1 can 14.5 oz pasta sauce * (divided in half)
- ½ cup milk
- 1 cup cheddar cheese shredded

Topping

- ¼ cup ketchup
- remaining ½ can pasta sauce *

* Three Square item

MAKE IT:

1. Heat oven to 350°F. In large bowl, mix meatloaf ingredients well. Press ½ meatloaf mixture in ungreased 8x4-inch loaf pan.
2. Place thawed spinach in a clean kitchen towel and squeeze to remove excess water.
3. Layer the spinach over the meatloaf mixture in the pan.
4. Sprinkle 1 cup shredded cheese over the spinach.
5. Place the remaining meatloaf mixture over the cheese and press firmly in the pan.
6. Bake 40 minutes.
7. Remove from oven.
8. Mix 1/4 cup ketchup and remaining pasta sauce.
9. Spread mixture evenly over top. Bake an additional 15 to 20 minutes or until meat thermometer inserted in center of loaf reads 160°F. Let stand 10 minutes before serving.

★ Enjoy with seasoned green beans and your favorite type of potatoes!

EXPERT TIPS:

To make this ahead, prepare and shape the loaf, cover and refrigerate for up to 5 hours. Bake just before serving.

Out of bread or prefer not to use it? You can swap in 1/2 cup dry breadcrumbs, 1/2 cup crushed seasoned crackers or 3/4 cup quick-cooking oats instead.

