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## Deb's Amazing Meatloaf

*This recipe is from [dietitian Deb Lounsbury](#) and is a family favorite adapted from friends mom. It is especially good to warm you up on a cool day. Serve with roasted or mashed potatoes and steamed green beans for a balanced meal. It makes amazing leftovers too, if there is anything left!*

Makes 4 large servings

### What you need:

- 1 lb lean ground beef
- 1 egg
- ½ cup diced onion
- ¼ cup oat flakes
- ½ cup grated carrot
- ½ cup grated cheddar cheese
- Sprinkle of salt & pepper

### Topping:

- ¼ cup ketchup
- ¼ cup brown sugar
- 1 tbsp yellow mustard



### How you prepare:

Preheat oven to 350°F. Mix all meatloaf ingredients and place into a loaf pan. Mix the topping ingredients together in a small bowl and spread over the top of the meat loaf. Bake for 60 minutes or until the middle of the loaf has reached 160°F. Let sit for 10 minutes before serving.

### Per serving:

Calories: 485; Carbohydrates: 26 g; Fat: 27 g; Protein: 33 g

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