

Spicy Meatloaf (Weight Watchers)

1 spray cooking spray
1½ lb. lean ground beef
1 c. uncooked rolled oats
1 medium onion, finely chopped
½ t. garlic powder
4 oz. can green chili peppers, mild, diced
1 large egg
1 T. chili powder
2 t. ground cumin
8 oz. can tomato sauce, divided (can use salsa or ketchup)

Preheat oven to 375°. Coat a loaf pan with cooking spray.

Combine all ingredients, except half of tomato sauce, in a large mixing bowl; set remaining tomato sauce aside. Spoon meatloaf mixture into prepared pan and smooth top.

Bake for 60 minutes; spoon remaining sauce over meatloaf and cook 5 minutes more. Slice into eight pieces.

Freezing and thawing instructions: Bake meatloaf for 60 minutes only. Cool, remove from pan, wrap in foil and freeze. When ready to eat, thaw in refrigerator and reheat in oven at 350° for 30 minutes. Top with ½ cup of tomato sauce and bake for 5 more minutes.

Weight Watchers Core Recipe