

# Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

805-922-6191

August, 2011

## Mexican Meat Loaf

### Ingredients:

- 1 large onion, chopped
- 1 medium green pepper, chopped
- 2 tsp. olive oil
- 2 garlic cloves, minced
- 3/4 cup dry bread crumbs
- 3/4 cup shredded reduced-fat cheddar cheese
- 1/2 cup tomato sauce
- 1/4 cup fat-free plain yogurt
- 2 tbsp. minced fresh parsley
- 2 tsp. Worcestershire sauce
- 1 tsp. chili powder
- 3/4 lb. lean ground turkey
- 1/4 lb. lean ground beef (90% lean)

### Topping:

- 1/4 cup tomato sauce
- 1 tsp. Worcestershire sauce
- 1/2 tsp. chili powder
- 1/4 cup shredded reduced-fat cheddar cheese



### Preparations:

- 1.) In a large nonstick skillet, sauté onion and green pepper in oil until tender. Add garlic; cook 1 minute longer.
- 2.) Transfer to a large bowl. Stir in the bread crumbs, cheese, tomato sauce, yogurt parsley, Worcestershire sauce and chili powder. Crumble turkey and beef over mixture and mix well.
- 3.) Shape into a loaf. Place in an 11x7 inch baking dish coated with cooking spray. Bake, uncovered, at 350 degrees for 25 minutes; drain.
- 4.) Combine the tomato sauce, Worcestershire sauce and chili powder; spread over meat loaf. Bake for 15 minutes or until no pink remains and a meat thermometer read 165 degrees. Sprinkle with cheese; bake 2-3 minutes longer or until cheese is melted.

Makes 6 servings

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)