

YIELD: 8

# Meatloaf | Weight Watchers

**PREP TIME** 20 minutes

**COOK TIME** 1 hour 30 minutes

**ADDITIONAL TIME** 10 minutes

**TOTAL TIME** 2 hours

## Ingredients

- 1kg extra lean ground beef / mince (5% fat)
- 4 slices (100g) low calorie bread - toasted & made into breadcrumbs \*
- 2 medium eggs
- 1 tablespoon Worcestershire sauce
- 1 onion - grated
- 3 cloves of garlic - minced
- 2 beef stock cubes / bouillon cubes - crumbled
- 1/2 teaspoon black pepper
- 1/3 cup (70 ml) skimmed milk
- 6 tablespoons Heinz tomato ketchup - 50% less sugar or no sugar added (divided)
- 1 handful of fresh chopped parsley (optional)
- 1 tablespoon light brown sugar
- 1 tablespoon white wine vinegar
- 1 - 2 tablespoon yellow mustard
- 5 sprays of calorie controlled spray oil

## Instructions

1. Preheat the oven to 180°C / 160°C Fan / 350°F.
2. Use 5 pumps of calorie controlled spray oil to grease a loaf tin (approx 9 inches by 5 inches)
3. Place the ground beef, breadcrumbs, eggs, Worcestershire sauce, grated onion, minced garlic, black pepper, crumbled stock cubes/bouillon, milk and 2 tablespoons of the tomato ketchup into a large bowl.
4. Mix with a wooden spoon (or your hands if you prefer) to combine all of the ingredients.

5. Stir in the chopped parsley if using.
6. *The mixture will be wet but this leads to a moist, succulent meatloaf that is less inclined to crumble once cooked.*
7. Place the meat loaf mixture into the pre greased loaf tin and smooth the top.
8. Mix the remaining 4 tablespoons of ketchup with the sugar, white wine vinegar and mustard to make a glaze.
9. Spread half of the glaze on top of the meatloaf and set aside the rest for later.
10. Place the meatloaf on the middle shelf of the preheated oven and cook for 50 minutes.
11. Remove the meatloaf from the oven and spread over the remaining glaze.
12. Place back in the oven for a further 25 minutes.
13. Remove from the oven and let the loaf stand for 10 minutes or so before slicing it into 8 generous slices.

## Notes

\* Please read notes above about breadcrumbs.