

# Mashed Potato Stuffed Meat Loaf Squares

## Recipe of the Month October - 2015



Sandwich mashed potatoes in between meat for a great gluten-free main dish, using cereal as a filler. Easy and tasty!

**Prep Time:** 15 Min

**Start to Finish:** 1 Hr. 15 Min

**Makes:** 8 servings

### INGREDIENTS

1 1/2 lb. extra-lean (at least 93%) ground beef	1/2 teaspoon salt
2 cups Rice squares cereal, finely crushed	3/4 teaspoon pepper
1 can (8 oz.) tomato sauce	2 eggs, slightly beaten
1 medium carrot, grated (about 1 cup)	3 cups prepared mashed potatoes
1/4 cup chopped fresh parsley	1/2 cup ketchup

### DIRECTIONS

1. Heat oven to 375°F. Spray 9-inch square pan with cooking spray.
2. In large bowl, mix beef, cereal, tomato sauce, carrot, parsley, salt, pepper and eggs just until combined. Press half of beef mixture into pan. Spread mashed potatoes on top; cover with remaining beef mixture. Spread ketchup on top.
3. Bake 50 to 60 minutes or until meat thermometer inserted in center of meat reads 165°F. Cool 5-10 minutes; cut into 8 squares.



**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 2oz-equivalents, Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b> 1 Serving	<b>Total Fat:</b> 9 g	<b>Saturated Fat:</b> 3 g
<b>Calories:</b> 250	<b>Calories from Fat:</b> 80	<b>Carbohydrates:</b> 21 g
<b>Cholesterol:</b> 100 mg	<b>Dietary Fiber:</b> 5 g	<b>Sodium:</b> 600 mg
<b>Sugars:</b> 7 g	<b>Protein:</b> 20 g	



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)