

Low-Point Brown Sugar Meatloaf

Ingredients:

- 1/2 cup packed brown sugar
- 1/2 cup ketchup
- 1 1/2 pounds lean ground beef (I used 93% lean)
- 3/4 cup 2% milk
- 2 eggs
- 1 1/4 tsp. salt
- 1/2 tsp. pepper
- 1 small onion, chopped fine
- 1/4 tsp. ground ginger
- 3/4 cup finely crushed saltine crackers crumbs

Preheat oven to 350 degrees. Lightly grease a 5x9 inch loaf pan. Sprinkle brown sugar in the bottom of the pan and press down lightly. Spread the ketchup on top of the brown sugar. In a mixing bowl, thoroughly mix remaining ingredients and shape into a loaf. (The mixture might seem too thin. Don't worry about that; just pat into a loaf and it will cook perfectly.) Place loaf on top of the ketchup. Bake for 1 hour and 15 minutes. If the center is not done, cook for another 15 minutes. Remove and enjoy!

Total servings - 7

Serving size - 1

Total points per serving - 5

Total points plus per serving - 6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"It's not who you are that holds you back;
it's who you think you are not." - Denis Waitley***