

# Mama's Meatloaf

## Ingredients

1 pound ground beef  
2 apples, peeled, cored and chopped  
1 onion, chopped  
1 clove garlic, minced  
1 tsp dried mustard powder  
2 tbsp Worcestershire sauce  
1 egg  
Salt and pepper to taste



## Method

In a large bowl, combine all ingredients and use your hands to mix (sure, it's messy, but it's really the most effective!). Press mixture into a pre-greased loaf pan and bake at 350 degrees for about 30 minutes. Short on time? You can make "mini meatloafs" by piling the mixture into muffin pans, where they'll cook through in about 15 minutes! Serves 6 small loafs

## Nutrition:

Calories: 246

Fat: 16 grams (59% calories from fat)

Carbs: 10.6 grams (16% calories from carbs)

Protein: 14.6 grams (25% calories from protein)