

Paula Deen's Basic Meatloaf

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/paula-deen-s-swiss-steak-recipe>

Ingredients:

- 2 pounds ground beef
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 onion medium chopped about 1 cup
- 1 green pepper medium chopped 1 cup
- 2 eggs whipped
- 1 cup quick oats
- 14 1/2 ounces diced tomatoes
- 1/2 cup ketchup
- 3 tablespoons brown sugar
- 1 tablespoon mustard

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 260 milligrams
4. Fat: 38 grams
5. Fiber: 4 grams
6. Protein: 51 grams
7. SaturatedFat: 15 grams
8. Sodium: 1750 milligrams
9. Sugar: 19 grams
10. TransFat: 2.5 grams

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