



# SFC's Meal Guide: 15-Minute Microwave Meatloaf

**This is a simple and flavorful dish packed with protein, and it only takes a few minutes to make!**



## Ingredients:

1 lg egg  
5 tbsp ketchup, divided  
2 tbsp prepared mustard  
2 tbsp onion soup mix  
1/2 cup dried breadcrumbs  
1/4 tsp salt  
1/4 tsp pepper  
1 lb ground beef  
1/4 cup sugar  
2tbsp brown sugar  
2tbsp cider vinegar

## Items You'll Need:

Lg mixing bowl  
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1 tbsp measuring spoon  
1/4 tsp measuring spoon  
1/4 measuring cup  
1/2 measuring cup  
Shallow 1 qt. microwave safe-dish  
cling wrap

## Directions:

1. In a large bowl, combine the egg, 2 tbsp ketchup, mustard, bread crumbs, dry soup mix, salt and pepper. Crumble beef over mixture and mix well with hands. Shape into an oval loaf.
2. Place loaf in a shallow in a 1-qt. microwave safe dish. Cover with cling wrap (not foil) and microwave on high for 10-12 minutes or until no pink remains and a thermometer reads 160 degrees, drain.
3. While your meatloaf is cooking in the microwave, in a small bowl, combine the sugars, vinegar and remaining ketchup; take meatloaf and drizzle mixture over the top. Cover and return to microwave and cook on high for 2-3 minutes longer or until heated through. Let stand for 10 minutes before slicing.

Accompany this meatloaf with your favorite sides for a complete meal!

Enjoy!