



Meatloaf for Two

1 Tbsp. 1% milk	2 Tbsp. seasoned Italian bread crumbs
1 egg	¼ tsp. pepper
2 tsp. Worcestershire sauce	2 Tbsp. barbecue sauce of choice
½ lb lean ground beef	

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Wash hands. In a medium bowl, beat together milk, egg and Worcestershire sauce with a fork.
3. Mix in beef, bread crumbs, salt and pepper.
4. Shape into 2 loaves and place on an ungreased baking sheet. Wash hands.
5. Brush loaves with barbecue sauce.
6. Bake for 18-22 minutes until meat thermometer inserted in center of loaf reads 160 degrees or the center of each loaf is cooked through entirely.
7. Let stand 5 minutes before serving and enjoy! **Yield:** 2 Servings

Nutrition Facts (per serving): 250 calories, 8 grams fat, 640 milligrams sodium, 17 grams carbohydrate, 1 grams fiber, 28 grams protein

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