

Yummy!

# Beef and Mushroom Meatloaf



*Hands-On Prep* **10 MIN**

*Cook* **1 HR 10 MIN**

*Serves* **6**



1 Preheat the oven to 350°F. Spray a broiler rack with olive oil nonstick spray.

2 Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring constantly, until softened, 2–3 minutes. Add the mushrooms and cook, stirring, until they release their liquid and begin to brown, 4–5 minutes. Add the broth and bring to a boil. Cook, stirring occasionally, until the liquid almost evaporates, 5–6 minutes.

3 Transfer the mushroom mixture to a large bowl and let cool 5 minutes. Add the beef, egg, oregano, basil, Worcestershire sauce, salt, and pepper; mix just until blended. Transfer the mixture to the broiler rack and form into a 4 x 9-inch loaf. Bake until an instant-read thermometer inserted into the center of the loaf registers 160°F, 60–65 minutes. Let stand about 5 minutes before slicing. Cut into 12 slices.

- 1** teaspoon extra-virgin olive oil
- 1** onion, chopped
- 3** garlic cloves, minced
- ½** (10-ounce) package fresh mushrooms, sliced
- ¾** cup reduced-sodium beef broth
- 1½** pounds ground lean beef (5% fat or less)
- 1** large egg, lightly beaten
- 1** teaspoon dried oregano
- 1** teaspoon dried basil
- 1** teaspoon Worcestershire sauce
- ¾** teaspoon salt
- ¼** teaspoon freshly ground pepper

**PER SERVING** (2 slices): 191 Cal, 7 g Fat, 3 g Sat Fat, 1 g Trans Fat, 98 mg Chol, 418 mg Sod, 4 g Carb, 1 g Fib, 26 g Prot, 31 mg Calc.

**POINTS** value: **4**.

*Good Idea* Use a mix of shiitake, oyster, and cremini mushrooms instead of the typical white variety in this recipe. You can buy assorted wild mushrooms in convenient packages in many supermarkets, and they'll enhance the flavor of this meatloaf.