

Mexican Meatloaf

(serves 6)

INGREDIENTS:

- 2 pounds ground beef
- 1 large egg
- 1 cup medium salsa
- 1 package taco seasoning
- 1 cup whole wheat bread crumbs
- nonstick cooking spray
- 1 cup shredded cheddar cheese
- 2 plum tomatoes, chopped
- guacamole (recipe [here](#))

DIRECTIONS:

- Preheat your oven to 350°.
- In a large bowl, combine the beef, egg, taco seasoning, salsa, and bread crumbs.
- Mix well.
- Coat a meatloaf pan with the cooking spray.
- Add half of the beef mixture to the pan.
- Cover with half of the shredded cheese.
- Press the remaining beef over the cheese.
- Bake for 1 hour.
- Remove from the oven and drain any excess liquid.
- Top with the remaining cheese.
- Place back in the oven and bake until the cheese is bubbly, about 5 more minutes.
- Let cool for about 10 minutes before serving.
- Top with the guacamole and the tomatoes.