TRY THIS AT HOME:
Meatloaf

You will need:
1 pound ground beef
1 slice of whole wheat bread
1 egg
2 tablespoons milk (skim or 1%)
1/2 small onion, finely chopped
2 large carrots, shredded

PREP TIME: 10 minutes
1/4 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon pepper
1/2 teaspoon salt
Ketchup or barbecue sauce
Help from an adult

Meat with a kick!

1. Put the ground beef in a large mixing bowl.

2. Soak the piece of bread in a small bowl of warm water and then gently squeeze the water out of the bread with clean hands.

3. Break the bread into small pieces and add the pieces to the large bowl.

4. Add all the other ingredients except the ketchup to the large bowl. Mix.

5. Put the mixture in a loaf pan and shape by patting it down. Remember to wash your hands after touching raw meat and raw eggs.

6. Bake in the oven for 35 minutes at 350°F. Use oven mitts to take the meatloaf out of the oven. Cover the top of the meatloaf with ketchup or barbecue sauce.

7. Bake in the oven for another 10 to 15 minutes.

SERVING SIZE: 1/5 of a loaf

Fun Fact
Beef provides key nutrients like zinc, iron, vitamin B12 and protein. Zinc is important for growth and it helps your body fight off illness by boosting the immune system. You'll get 2-3 ounces of meat from one serving of this recipe. Nutritionists recommend eating about 5-ounces of meat and beans everyday.